

the Aliveness

Serving Our HIV/AIDS Community Since 1985 July/August 2011 Vol. 22, Issue 3

RED RIBBON RIDE

This year's Minnesota Red Ribbon Ride takes place July 14-17. Team Aliveness has 15 riders and 7 crew members: Sean Divine, Colleen Gegan, Walter Gies, Miles Hamlin,



Johnny Herda-Anzaldo, Melissa

Herda-McKee, Jamie Hicks

(crew), Victoria Huitt (crew),

Josh Iversen (crew), Monte

Jarvis, Charlie Jordan, Brad

Litton, Bobby Long (crew),

Esteban Martinez, Michael Peller, Judy

Ratliff (crew), Tedd Richardson (crew), Chris Roberts,

Samuel Robertson, Barb Rocheford (crew), Terry Sainio,

Stephanie Shaw and Glade Woostenhulme.

The Aliveness Project is one of eight benefiting AIDS service organizations. Last year's Ride raised \$401,370 and this year we are hoping to reach \$500,000. To make a donation on behalf of our riders or crew, go to www.redribbonride.org (click on "Make A Donation" and then search for a team or participant).

You can help us show appreciation for this year's riders and crew by attending the Ride kick-off on Thursday, July 14 at 6:30 am at the Mall of America or the Closing Ceremony on Sunday, July 17 at 1:30 pm at the State Capitol. Hope to see you there!

ANNUAL REPORT

Our 2010 Annual Report is posted on the homepage of our website. We also have printed copies here at our office. One of our members, Andi, made the following comment in the report about what Aliveness means to her:

"Being a member of The Aliveness Project has allowed me to get certain therapies... that I otherwise would not receive. The Aliveness Project is a great place for positive people to meet and form long-lasting relationships."

Last year, we served 1,583 individuals living with HIV/AIDS, which is one out of four Minnesotans affected by this disease. We are now serving twice as many people as we did a decade ago. Our Meal Program and Food Shelf have served over one million meals since our founding in 1985. We could not do this without the help of our dedicated staff, volunteers and donors like you!

STATE GOVERNMENT SHUTDOWN

As I write this article, it appears that the shutdown of the state government is very likely. During the potential shutdown, our plan is to remain open and to continue offering hot meals, food shelf and other basic services that will be even more essential to our HIV+ members. Your support can help us during this challenging time, so please consider making an additional donation to support The Aliveness Project's services this summer.

Joe Larson
Executive Director





VOLUNTEER RECOGNITION MOVIE & SUMMER FUN NIGHT!

Thursday, July 7

Games & treats at 7:30 pm

Movie at 9:10 pm

- **Lyndale Farmstead Park, 3900 Bryant Ave S, Minneapolis, 55409** (blocks from what will be our new location). Parking is limited. Walking, biking or busing (#4 or #23) highly encouraged. Here is a map: <http://tinyurl.com/3nlh8cq>
- After 7:30, look for The Aliveness Project banner on **south edge of T-ball field #3**. Games for all ages (Red Rover, 4 Square, whiffleball, etc.) and ice cream treats.
- Just after 9:10 pm "Indiana Jones & the Temple of Doom" (PG, 118 minutes) will begin outdoors. Bring beach blankets or lawn chairs and bug spray. If the park cancels the movie due to weather, our event is also canceled.
- At 6:30 pm, the park will be offering a live band and children's art activities.
- **Please RSVP on the Events tab of our facebook page by "attending" our Volunteer Recognition Movie & Summer Fun Night and posting on our wall how many friends or family you'll bring.**

Our page is www.facebook.com/AlivenessProject or <http://tinyurl.com/3sldh9j> to go straight to the RSVP. Don't forget to "like" our page while you're there! No facebook? You may call the number below.



Questions? Facebook, or (612) 822-7946 ext. 207
www.aliveness.org • Twitter@AlivenessProject
730 East 38th Street, Minneapolis MN 55407



COMMUNITY PICNIC

Hey everyone, it is that time again. The annual HIV+ Community Picnic will be on Friday, August 12 from noon until 3:00 pm. The event will take place in our usual location -- Minnehaha Falls, Wabun Shelter B. Members are welcome to bring family and friends. Just call the front desk to let us know you plan to attend and how many guests you will bring.

The location is great. It has a shaded area for eating and is close to the building that has changing rooms and restrooms. It is also right next to a water play area with fountains and jet sprays that are a refreshing way for the kids or adults to cool off. I recommend that the children bring swimsuits. There will be bingo with tons of prizes, water balloons and kick ball. Of course, we will have tons of good food and beverages. So, plan to be at the picnic in August. It should be a great time. Remember that The Aliveness Project will be closed that day.

Johnny Herda-Anzaldo
Director of Membership Services

THE ALIVENESS PROJECT

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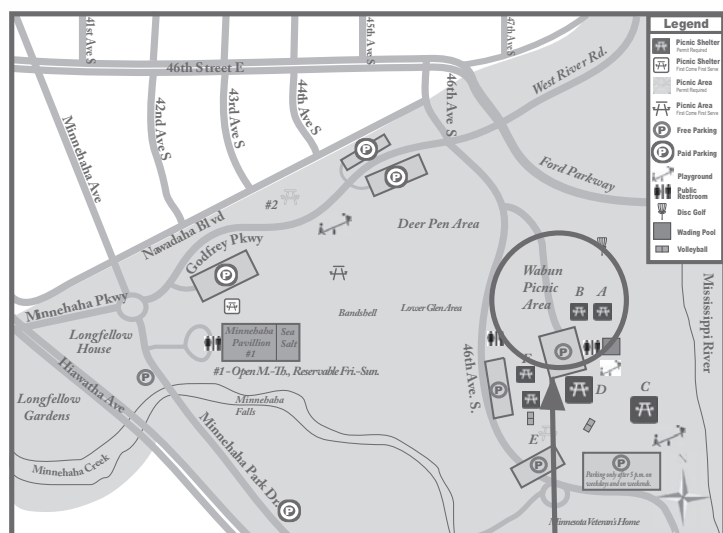
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The Aliveline is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental 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.

join us for a day of fun in the sun...



Minnehaha Regional Park

Group Picnic Facilities
www.MinneapolisParks.org

Picnic Area



HIV+ Community Picnic

SITE: Wabun Shelter B, Minnehaha Falls Area

DATE: Friday August 12, 2011

TIME: 12:00 pm - 3:00 pm

Food served from 12 - 2

Games, Prizes and Food

Family and Friends welcome to attend!

If you drive, some parking is free and some is metered. If you are taking a bus to the event, you can call the MTC Bus Co. at 612.373.3333 to find out the most efficient route for you to take.

RSVP: Sign up at the front desk or call the receptionist at 612.822.7946

PREVENTION PROGRAM

After hosting Derek Johnson from Hennepin County and Dr. Weston Edwards, Clinical Director PRISM in the month of May, The Aliveness Project's Prevention Program sponsored still more events in June. On June 20th we sponsored Safer Sex Kit Assembly & Discussion. These kits, which were assembled during the discussion session, were a part of the Twin Cities Pride celebration, which took place on June 25 and 26. Our Prevention Program passed out condoms and the Safer Sex Kits to festival-goers. Also in June, we hosted Dr. Michael Obsatz, Professor Emeritus, Macalester College. He talked about Shame and Disclosure in a session that was held here at The Aliveness Project.

The Prevention Program is looking forward to hosting more workshops and upcoming special events in the months to come-- please stay tuned for more announcements.

We encourage members to sign for upcoming workshops by calling 612-822-7946. Our receptionist will be happy to put your name on the list. You can also call that same number and talk to Tom at extension 214.



Tom Bichanga
HIV Prevention Program Coordinator

In Living Memory

Departed this Life

David H..... May 15, 2011

Fredrick O..... May 17, 2011

Sherry A..... May 9, 2011

Tommy B..... April 20, 2011

William M..... May 27, 2011

VOLUNTEER NEWS



Have you RSVP'd yet for July 7th's Volunteer Recognition Movie & Summer Fun Night? Please see the attached flyer and do so ASAP. Our Facebook page is easy to find, just remember there is only one "s" (just like our our Twitter account)

www.facebook.com/AlivenesProject. Whether you shopped or baked for Holiday Baskets, provided massages, vacuumed our building, chopped veggies, or schmoozed as an Ambassador, we would love all of our volunteers to join us for this fun evening. Thank you all for your incredible help!

Speaking of Holiday Baskets, it is time to start thinking about that time of year again. Does your youth group want to paint baskets? Call us by early September. Does your workplace want to adopt some baskets or bake cookies? Would you like us to come speak to your group about the program? Let us know soon so we may begin to get dates on our calendars. Do know that I will be out of the office for several weeks this fall, but if I am not here one of my colleagues will do their best to help you. We are also going to soon be recruiting folks to join Team Aliveness for the Walk to End Hunger happening Thanksgiving Day at the Mall of America. It is a great activity for families so we might as well put it on your radar now.

Thanks to all volunteers who helped with Dining Out for Life. Our Ambassadors had yet another record breaking year bringing in over \$69,000 in donor envelopes! Way to go! Three cheers, too, to everyone who helped with another amazing Twin Cities Pride celebration. The popularity of our Spin-the-Wheel game never ceases to amaze me, and our parade viewing brunch is truly a fantastic (and did I mention air-conditioned?) vantage point. A special thank you goes out to Twin Cities Pride and Cub Foods for encouraging folks to make donations to our food shelf during the Pride Picnic at Como Park and the Festival at Loring Park. Together, we know we're doing a lot of good for the community. Thank you everyone!

Monica Travis

Director of Volunteer Services



Cub



BIKING FOR A GOOD CAUSE

Biking through Loring Park, I saw a woman and her friend walking their dog. They seemed to be talking about the weather and I seemed to be going pretty fast. The brake on my bike is really more decorative than useful and it hits a Mariah Carey note before it helps me stop too fast. And I have to say — dogs and bike paths are about as nerve-wracking as unplanned pregnancies — you know what's coming. The dog runs off on a leash that initially seems to be 3 feet long, but suddenly extends to 10 feet in length. The collision is imminent. I use all of my strength to jump over the dog and flip off my bike, nailing myself in the most precious of male places with the handlebars. Ouch! As I cower in pain, the woman thanks me profusely for saving Poodle Doodle Struedel's life. I apparently had done a good deed. Fortunately, these hazards are far from the Red Ribbon Ride, a fundraiser I'm so excited and proud to take part in.

For many of the staff at The Aliveness Project, biking is a way of life that permeates all seasons. Thankfully, the Red Ribbon Ride happens in the peak of pleasant riding season. This year Team Aliveness is comprised of really stellar people and some exceedingly sexy bikes. Many of us have been training long and hard while some of us, like myself, have not. Everyday is a training ride for me. I feel naked without my bike. That's why I'm personally thrilled to be able to combine my favorite activity with a good cause. Wish us luck as we embark on a 100 mile ride the first day, and a one dollar one mile at a time race to support The Aliveness Project. And please, hope for all of us that we don't have to jump over any more poodles.

To find out more about the Red Ribbon Ride and see the members and progress of the 22 person-strong Team Aliveness, go to www.redribbonride.org. And if you can find it in your heart (and wallet) to support this event and Team Aliveness, contact Stephanie Shaw, our team captain, at officemanager@aliveness.org or (612) 822-7946, ext 215 to give a general team donation. She will pass your gift along to riders that still need money to meet their minimum of \$1,500, or designate that your gift be credited to the Team Aliveness rider or crew member of your choice. Go to the Red Ribbon Ride website (www.redribbonride.org), 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.

Stay alert for Facebook and Twitter updates related to upcoming fundraising events for Team Aliveness.

Chris Roberts

Wish List

- New camera with video and zoom capabilities
- Interns in the Fundraising & Volunteer departments
- Cell phone with pre-paid minutes
- Prizes for our August 12th Community Picnic
- Paper grocery bags with handles for our Food Shelf
- YOU to cheer on our Riders and Crew at the Red Ribbon Ride Opening and Closing Ceremonies

Volunteer Spotlight



GREG POULSON

(Member since 2006, HIV+ since 1993)

I was brought to The Aliveness Project by my "Project Angel," and my life hasn't been the same since. When I was invited here, my life was a whirlwind of destruction. I was introduced around, became a member and promptly made an appointment with Johnny, the Member Services Director.

The day I walked into Johnny's office for my first appointment, I clutched my briefcase in my hand. Filled to the point of nearly bursting open, it contained the scattered, disorganized pile of the bits and pieces of stuff that made up my life. I still bring it with me when I see her, but it is an "organized" briefcase now.

I appreciate all the meals and new friends that I have at The Aliveness Project. The Food Shelf has been an important part of my life. It has not only been important to me when I need to use it, but it has been an important volunteer opportunity – a way I can give back.

It is rewarding to share life's generosity with the staff and members at The Aliveness Project. One thing that I really enjoy is bringing a small vase of flowers to the front desk for everyone to enjoy, and to yap, yap, yap about gardening.

The Aliveness Project has become a major part of my life. It has enhanced my body and soul. I am an Aliveness Project success story.

ANDREW FIECKE

As a Therapeutic Massage practitioner, I hope my skills will be beneficial to members of The Aliveness Project. Although I have just joined the volunteer staff recently, I can already tell it will be a great experience. Everyone has been extremely welcoming and helpful, and very funny. I grew up in a small town west of the cities and have lived in Minneapolis for just under two years. I am excited to continue making new friends here in the city and to "give back" to those who came before me.



MERANDA BITTENDER

Hello! I am Meranda. I am offering Reiki Wednesday nights from 5-6:30 pm. Let me introduce you to Reiki. It is a form of relaxation and stress reduction that can promote healing. Originally, I was drawn to Reiki as a way of improving my own health. I have since grown in knowledge and now desire to share Reiki with others. I am fairly new to the Twin Cities, having only been here for 2 ½ years. I enjoy reading, knitting and being in nature (if it's not too cold). I look forward to meeting you on Wednesdays.

a HuGe thAnks tO

128 Café
318 Café
8th Street Grill
Acqua
Afton House Inn
al Vento
Amazing Grace Bakery & Café, Duluth
Angelo's Italian Restaurant
Anodyne @ 43rd
Arezzo Ristorante
Aster Café
At Sara's Table/Chester Creek Café, Duluth
B.A.N.K.
Bambu
Bar Abilene
Barbette
Beaujo's Wine Bar & Bistro
Birchwood Café
Black Dog Café & Wine Bar
Black Forest Inn
Blackbird Café
Boca Chica Restaurant
Brasa Rotisserie
Bruegger's Bagels, Eden Prairie
The Bulldog Lowertown
The Bulldog Uptown
Buona Sera
The Butcher Block Bar & Restaurant
C.C. Club
Café Ena
Café Maude
Café Twenty-Eight
Campus Pizza
Carmelo's Ristorante
Chiang Mai Thai
Chin Dian Café
Chris & Rob's Chicago Taste Authority, Fridley
Chris & Rob's Chicago Taste Authority, Minneapolis
Chris & Rob's Chicago Taste Authority, St. Paul
Christos Greek Restaurant- Mtka
Christos Union Depot Place
Citizen Cafe
Colossal Café
The Craftsman
Cupcake
Cuppa Java Coffee and Deli
Curran's Restaurant
Dover Restaurant & Bar
Dunn Bros Coffee, Roseville
eagleBOLTbar
Ecopolitan
Eden Avenue Grill
El Mesón
El Nuevo Rodeo
El Paraiso Mexican Restaurant
Elsie's
Erte & The Peacock Lounge
Everest on Grand
FACES Mears Park
Falafel King
Fat Lorenzo's
Finnish Bistro
FireLake Grill House & Cocktail Bar
Fireroast Mountain Café
First Course
Fuji Ya Japanese
Fusion
Galactic Pizza
Gigi's Café
Ginger Hop Restaurant
The Glockenspiel
Grand Café
Great Waters Brewing Company
Hazel's Northeast
Heidi's Minneapolis
The Herkimer Pub and Brewery
Highland Café & Bakery
Himalayan Restaurant, Fridley
Himalayan Restaurant, Minneapolis
Hot Plate
Il Gatto
The Independent
It's Greek to Me

J.D. Hoyt's
Jackson's Coffee & Gelato
Jakeeno's Pizza & Pasta
Jitters Coffee & Tea House, Duluth
Joe's Garage Restaurant
Joseph's Family Restaurant
Kafé 421
Khyber Pass Café
La Chaya Bistro
Lone Spur Grill & Bar
Loring Kitchen & Bar
Lucia's
Luna Rossa Trattoria & Wine Bar
LUSH Food Bar
Lyon's Pub
The Malt Shop Restaurant
Manny's Tortas
Maverick's Wood Grill
May Day Café
Maynard's Restaurant, Excelsior
McCoy's Public House
Moose and Sadie's
moto-i Sake Brewery Restaurant
Muffuletta
Napa Valley Grille
New Scenic Café, Duluth
Ngon Vietnamese Bistro
Nonna Rosa's Ristorante Italiano
Pagoda
Pancho Villa's Grill
Papa's Restaurant and Deli
Park Tavern Bowling & Entertainment Center
Piccolo
Pizza Lucé, Downtown Minneapolis
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
Red Stag Supperclub
Restaurant Alma
Restaurant Aura
Rinata
Riverview Café & Wine Bar
Roat Osha
Roman Anthony's Italian Restaurant
Rudolphs Bar-B-Que
Rustica Bakery
The Saloon
The Sample Room
Sanctuary
Santorini
Sapor Café/Bar
Sawatdee & Zushiya of Maple Grove
Sawatdee St. Paul
Sawatdee Thai Restaurant, Minneapolis
Sen Yai Sen Lek
Señor Wong
Sir Benedicts Tavern on the Lake, Duluth
Sontes, Rochester
Spill The Wine
Spoonriver
St. Clair Broiler
Stanley's Northeast Bar Room
Stella's Fish Cafe
Supatra's Thai Cuisine
Tanpopo Noodle Shop
Thanh Do Restaurant
Thom Pham's Wondrous Asian Kitchen
Toast Wine Bar & Café
Tooties On Lowry
Trattoria da Vinci
Tum Rup Thai
Va Bene Berarducci's Caffè, Duluth
Victor's 1959 Café
Vina Restaurant
W.A. Frost
Wienerly
Wilde Roast Café
Yum! Kitchen and Bakery

DINING OUT FOR LIFE 2011

Dining Out for Life 2010 will be our most successful DOL in history for many reasons. First, we had 166 participating **restaurants** (up from 157 in 2010). [See the list of restaurants in this edition, and visit them often to say thanks!]

Next, we had some fantastic **Ambassadors** serving this year....nearly 300 Ambassadors serving in the various restaurants. Many Ambassadors chose to do more than one meal shift which helped us cover nearly all 536 meal times. In addition, they raised over \$69,000 (up over \$21,000 from last year). Thank you to the Ambassadors who made such a difference on that day and to Monica Travis (Director of Volunteer Services).

We also had "Super" Ambassadors this year as well. Twenty-seven couples found prizes worth a minimum of \$100 to do a prize drawing just for their restaurant. Everyone who donated a minimum of \$50 at the restaurant was entered in the drawing. Congrats to Chuck Larsen and Glenn Bottomly who donated an iPad2 and brought in over \$3,600. Also, to Tim Welsh and Bruce Andrews who donated a 3 hour cruise on Lake Minnetonka with appetizers and wine donated by Café Ena. This prize brought in over \$2,600.

Thirdly, at the writing of this article with 33 restaurants still to pay, we have brought in \$176,555.87 – exceeding our goal of \$170,000!!! Dining Out for Life usually brings in about 14% of our total budget. This is fantastic!! Thank you **diners** for your strong appetite to help The Aliveness Project!

I also want to thank **Sven Sundgaard** again for his invaluable help and spending the entire day of Dining Out taking pictures, signing autographs and just being a really great and fun person. It was a pleasure to ride with you all day!

I also want to thank our **sponsors** this year for their very important contributions to the success of this one day event: Abbott Laboratories, City Pages (Presenting Sponsor), Clear Channel Outdoor, KARE 11, Metromix powered by KARE 11, Lavender Magazine (Presenting Sponsor), Meghan Doll Studios, Minnesota Monthly, Northwestern Health Sciences University, Open Table, RE/MAX Results, ROR Tax Professionals LLC, Taurus Moon Graphic Designs, Tibotec, Ticket Works, Twin Cities Dining Guide and Wallace Carlson Printing.

Want to help in some way next year? Put this date on your calendar: **Thursday, April 26, 2012.**

Tim Marburger
Director of Fundraising & Special Events

Thank you for dining out!



THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between April 15, 2011 and June 15, 2011

ORGANIZATIONS

128 Café
318 Café
8th Street Grill
Abbott Laboratories
Acqua Restaurant and Wine Bar
al Vento
Alexandra House
Amazing Grace Bakery & Café
Anderberg Innovative
Print Solutions
Angelo's Italian Restaurant
Anodyne @ 43rd
At Sara's Table/Chester
Creek Café
B.A.N.K.
Bar Abilene
Barbette
Beaujo's Wine Bar & Bistro
Birchwood Café
Black Forest Inn
Blackbird
Brasa Rotisserie
Breadsmith
Bruegger's Bagels - Eden Prairie
Buck Holzemer Productions
C.C. Club
Cafe Ena
Café Maude
Café Twenty-Eight
Campus Pizza
Carl and Eloise Pohlad
Family Foundation
Carmelo's Ristorante
Chanhassen Dinner Theatres
Chiang Mai Thai
Chin Dian Café
Citizen Café
Colossal Café
Consulting By Design
Cupcake
Cuppa Java
Curran's Restaurant
CyberGrants, Inc.,
Traveler's Support Center
Dining Out for Life
International Association
Dunn Bros Coffee - Roseville
eagleBOLTbar
Ecopolitan Restaurant
Eden Avenue Grill
El Mesón
Electric Fetus
Elsie's Restaurant & Lounge
Erté & The Peacock Lounge
Everest on Grand
Falafel King
Finnish Bistro
FireLake Grill House &
Cocktail Bar
Fireroast Mountain Café
First Course
Fuji-Ya Restaurant
Galactic Pizza
Gaylaxicon 2009
Gigi's Café
Ginger Hop Restaurant
Gold Medal Media Group LLC

Great Waters Brewing Company
Hazel's Northeast
Healing from Roots to Branches
Highland Cafe and Bakery, Inc.
Himalayan Restaurant - Fridley
Himalayan Restaurant - Minneapolis
Hot Plate
Hugh J. Andersen Foundation
It's Greek to Me
J.D. Hoyt's
Jackson's Coffee & Gelato
Jakeeno's Pizza & Pasta
Jitters Coffee & Tea House
Joe's Garage Restaurant
Jon Charles Salon
Joseph's Family Restaurant
Kafé 421
Khyber Pass Café
Knights of Leather
La Chaya Bistro
LanderGroup
Language of Love, LLC
Loring Kitchen & Bar
Lucia's Restaurant
LUSH Food Bar
Lutheran Church of
Christ the Redeemer
Macemon Photography
MAHADH Fund of HRK Foundation
Malt Shop
Maverick's Wood Grill
May Day Café
Maynard's Restaurant
McCoy's Public House
Meghan Doll Photography
Minneapolis Friends Meeting
Minneapolis Musical Theatre
Minnesota Storm Patrol
moto-i
Mpls Photo Center
Muffuletta Café
My Scene
New Scenic Café
Nonna Rosa's Ristorante Italiano
Pagoda
Pancho Villa Grill
Papa's Restaurant & Deli
Park Tavern Bowling &
Entertainment Center
Pink Champagne
Pizza Lucé - Downtown Mpls
Pizza Lucé - Duluth
Pizza Lucé - Hopkins
Pizza Lucé - Seward/University
Pizza Lucé - St. Paul
Pizza Lucé - Uptown
Practice Point Communications, Inc.
Rail Station Bar & Grill
Rainbow Chinese Restaurant
Red Stag Supperclub
Restaurant Alma
Rinata
Sapor Café/Bar
Sawatdee & Zushiya
of Maple Grove
Sawatdee St. Paul
Sawatdee Thai Restaurant

Sen Yai Sen Lek
Señor Wong
Seward Community Co-Op
Sir Benedicts Tavern
on the Lake
Spoonriver
St. Joan of Arc Catholic Church
Stanley's Northeast Bar Room
Supatra's Thai Cuisine
Tanpopo Noodle Shop
TaraNa Yoga Studio
Taurus Moon Graphic Designs
The Aster Café
The Bulldog Lowertown, Inc
The Bulldog Minneapolis
The Craftsman
The Glockenspiel
The Imperial Court of Minnesota
The Rising Sun Medicine Group:
The Mankind Project
The Sample Room
The State Theatre
Trattoria da Vinci
Troupe America, Inc.
Tum Rup Thai
Va Bene Berarducci's Caffè
Victor's 1959 Café
Vina Restaurant
W.A. Frost
Westrick & McDowall Nix PLLP
Y'all Come Back Saloon
Yoga Center of Minneapolis
Dharma Wellness and Spa
Yum!

INDIVIDUALS

Terri Aberg
Elizabeth M. Abraham
Tom Abts
Elise C. Adair
Roxanne Adams
Roger L. Ahrens
Susanna D. Ahrens
Calvin & Sheri Alexander
Pamela H. Allen
Sue Amundson &
David Largaespada
Annikka Anderberg Wilson
David A. Anderson
Deb K. Anderson
Georgia Anderson
John H. Anderson
Johnny Anderson
Karen J. Anderson
Kenn Anderson &
Johnny Hedgepeth
Laura J. Anderson
Lee & Sheila Anderson
Nicole L. Anderson
James D. Andrew
Amanda Andvill
Lorraine E. Anglin
Marcia Arndt
Toni K. Arneson
Stephen Arnold
Ann Avant
Tracy & Luke Babler
Zach Bajaber
David Baker &
Rebecca Budimilija
Janet M. Baker
Rick Baker
Keith & Janice Bakke
Joanie N. Balach
Victor Barge
Art Barlow & Jeremie Holmes
Jim Barnes
Yolanda Barnes
Robert Barnett
Cynthia R. Bartell
Scott E. Bartell
Joel Bartlett
Doug & Joyce Battcher-Malchow
Ron Bauer
Roger Beck
Andrew Becker
Ursula Becker
Darren & Nichol Beckstrand
Allen L. Beers
Brita M Bengston
Ellen Bengtson
Kristi Bennett
John A. Benninghoff
Matthew D. Benson
Stephen Bentley & Amy Ronning
Pat & Alison Bents
Joel O. Bergeland
Brent F. Berheim
Shayna Berkowitz &
Phyllis Wiener
James M. Berry
Beverly A. Berryman
Al & Darlene Bertke
Jennifer Bertram
Katie Besser & Jake Rehberger
Anthony Bettendorf
Rex J Beyer & Nick Meyer
Nancy Biele
Lee A. Biersdorf & Ellyn Hosch
Thomas Billo
Kathryn M Bique
Todd Birch
Steve Birkeland
Marlene & Ned Bixby
Shannon M. Black
Tamara R. Blaschko
Timi C. & Matthew Bliss
Geri & Milt Blumenfeld
Chuck Boe
Kevin Boedigheimer *
Deb Bohn
Stacey R. Bolton-Tsantir &
Dean Tsantir
David A. Booth
Laura T. Booth
Amy L. Borgeson
Dean Borghorst
Mecca Bos
Charles Botzenmayer
James E. Boucher
Carol J. Bouska &
Jeremy Iggers
Dustin Bower
Julie Kay Bowman
Jane & Anne Boyer

Ken & Crystal Bradley
David Bradshaw
Robert J. Brandt
Christie Brandt
Lawrence Braun
Maureen K. Breheim
Anna G. Brelje
Katherine M. Brennan
Jeremy Brezovan
Julie Brice
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Neal Broten
Barbara A. Brown
Molly Brown
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We apologize if we inadvertently missed including your name on our donor list.

GOLDEN GRRRLS SASHAY-SHANTÉ

The Aliveness Project was the lucky beneficiary of the “Golden Grrrls” dragstravaganza at Epic Event Center on Friday, June 3. Organizer Iain St. James coordinated the “Night of a Hundred Drag Performers” to honor past and present performers. A group dance number broke the Guinness world record for the most drag queens performing onstage together.

A big thank you to Iain, all the drag performers, volunteers and folks who *dragged* themselves to this event and helped make it a big success!



HEALTH & WELLNESS PROGRAM

Some news with our program: my colleague Sandra Johnson left the Health & Wellness Program a couple weeks ago. I am happy to be heading up the program and have a lot of great educational sessions planned based on your feedback.

Before starting at The Aliveness Project, I served in the U.S. Peace Corps as a health volunteer. I spent three years in the Caribbean working for the National HIV/AIDS Program of Dominica. Local nurses and I worked to receive free HIV medications from the Global Fund and Clinton Initiative. We also coordinated home care, a support group, and a food bank for positive Dominicans.

My friends back in Dominica are stunned to hear that places like The Aliveness Project exist. Seeing the struggles of positive Dominicans made me deeply grateful to live in a place where we have the resources to help positive people to live healthy, normal lives. For the last two years, it has been a joy to be part of The Aliveness Project family at the Front Desk. I am proud to be taking on the new role of Health & Wellness coordinator.

UPCOMING EVENTS (Space limited - call 612-822-7946 to sign up)

Wednesday, July 6 - “HIV and Your Heart”

Jean Willis, Gilead Sciences

6 – 7:30 pm, Elsie’s Restaurant

729 Marshall Street NE, Minneapolis, MN 55413

Dinner provided

Monday, July 18 - “Ask the Dentist”

Dr. Scott Lingle, Saint Paul Dental Center

6 – 7:30 pm, The Aliveness Project Conference Room

\$5 giftcard if you stay the whole time

Wednesday, July 20 - “How to Plan a Funeral”

Greg Travis, regional manager, CFPC Insurance

6 – 7:30 pm, The Aliveness Project Conference Room

\$5 giftcard if you stay the whole time

Thursday, August 4 - “Writing Circles for Healing”

Wendy Brown-Baez, writer and performance poet

6 – 7:30 pm, The Aliveness Project Conference Room

\$5 giftcard if you stay the whole time

Monday, August 8 - “HIV/AIDS Stigma in the African Diaspora”

*Open to African-born members only, please

Dr. Alvine Siaka, African Health Action; Tom Bichanga, Mwanyagetinge

6 – 7:30 pm, The Aliveness Project Conference Room

\$5 giftcard if you stay the whole time

Wednesday, August 24 - “Advances in HIV Prevention”

Staci Bush, Gilead Sciences

6 – 7:30 pm, Elsie’s Restaurant

729 Marshall Street NE, Minneapolis, MN 55413

Dinner provided

Wednesday, September 28 -

“Your HIV Treatment Goals and the Facts about Lipoatrophy”

Jean Willis, Gilead Sciences

6 – 7:30 pm, Elsie’s Restaurant

729 Marshall Street NE, Minneapolis, MN 55413

Dinner provided



Hanna Dorn

Health & Wellness Program Coordinator

hanna@aliveness.org

(612) 822-7946, ext. 213

July/August 2011

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