

the Aliveness

Serving Our HIV/AIDS Community Since 1985 January/February 2013 Vol. 24, Issue 1

MIRACLE ON 38TH STREET

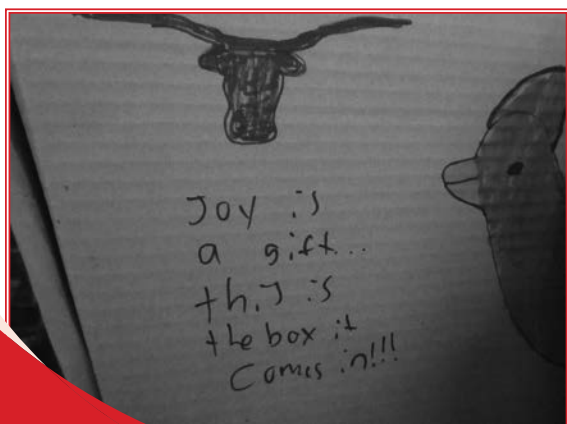
The 2012 Holiday Basket Program was a great success! This year, we distributed 692 baskets with gifts for 963 adults and 472 children. Additionally, 80 percent of the baskets were adopted, which made a huge difference in the program! Thanks to everyone who donated presents, made financial gifts and volunteered.

Here are some notes from members who received baskets this year:

"My family would like to thank you very much for making Christmas possible for us. These have been hard times for us and this surely helped lift our holiday spirits. I know that sometimes clients like us to do not always tell you how much your services help, but they sure do for us!"

"I want to say thank you for all the gifts that I received for Christmas. They brought tears to my eyes. I was at the lowest point in my life—I have been a victim of abuse, been hospitalized, stayed in shelters, and moved away from my abuser. Last year, I moved into an apartment, but had just the bare necessities. When I received your gift box, it dried up some of my tears. Thank you to everyone in the community that made this a happy Christmas for me!"

"Thank you so much for putting gifts under our tree this year! On Christmas Eve, it was a joy to find our cat sleeping in the box of gifts we were waiting to open. Thanks to all the volunteers, donors and The Aliveness Project for the gifts and for all your hard work!"



MARCH IS MINNESOTA FOODSHARE MONTH

March is Minnesota FoodShare Month. It is estimated that one in ten Minnesotans do not have enough food in their homes. Our Food Shelf distributed 51 tons of food last year and currently serves about 210 members per month. 72 percent of our food shelf recipients live in poverty and most of the other clients are low-income. The food we provide makes a difference in helping them maintain their health and manage their living expenses. You can help by making a donation to help replenish our food shelf supplies during this time of year when donations typically decrease.

2012 PROGRAM STATISTICS

We experienced a significant increase in the number of members served in 2012. A total of 1,747 individuals living with HIV/AIDS used our services last year—a 9 percent increase from the previous year, which had 1,602 program participants. We also added 194 new members/clients last year. Many of our programs also saw increases in services, including:

- Onsite Meal Program served 34,125 meals
- Food Shelf distributed 101,926 pounds of nonperishable food and hygiene items
- Integrative Therapy Program provided 3,443 sessions of acupuncture, massage and other treatments
- Case Management Program served 124 clients through 2,830 sessions
- Our dietician completed 234 nutritional assessments
- Peer Program provided 180 HIV tests
- Outreach Program had 1,835 encounters
- Prevention Program offered 444 individual interventions, and
- Health and Wellness Program coordinated 35 health education workshops.

CAPITAL CAMPAIGN UPDATE

I am pleased to report that the Capital Campaign has raised \$1.3 million so far. We are hopeful that construction will be starting later this year. Thanks to all the generous donors, foundations and organizations that have helped us reach this point! You can support the campaign by making a generous gift today (see form on page 9).

Joe Larson
Executive Director



wish list

Volunteers

To recruit new Dining Out for Life restaurants

Bic Round Stic pens

(Medium, Blue) for our Dining Out for Life event

Mailing labels

Avery 5160 (1" x 2-5/8")

Avery Name Tag Holders

Plastic, Laser/Inkjet, 3" x 4"

Rubber bands

Assorted sizes

Sony Bloggie Camera

These are spendy – let us know if you can help with a portion of the cost of this needed item – contact us first – we have a pretty specific need

Paper Shredders

Two



Tom Straley

A Member's Story

As a member of The Aliveness Project for many years, I have been able to use most of the services offered. The service that I have used the most is the Meal Program. The hot meals that are provided at The Aliveness Project have helped me in many ways. First, I have the option of eating here at any (or all) of the 10 meals that are served weekly, saving me money. Since I am on disability, this is a huge help. Second, I would not be able to make meals as good tasting and nutritious as the cooks at The Aliveness Project do every single day. Finally, I get to hang out with other people who 'get' where I am coming from.

There are a lot of times over the years I would have just sat at home alone if this service were not available. But, I am able to come to The Aliveness Project, have a lot of laughs and make a lot of friends in the lunch room.

I can't recommend this program enough!

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Corliss Zawistowski
Case Manager

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.

Happy New Year!

Happy New Year to all of our volunteers! I'm still catching my breath from this year's AMAZING Holiday Baskets! With a record-breaking number of adoptions, thousands of cookies, hundreds of adorable handmade stockings, bright Hanukkah lights, and many new volunteers joining those of you who have had our program as part of your tradition for many years, it is easy to feel a renewed spirit as we leap into the New Year. Thank you all for carrying The Aliveness Project through another year of heartfelt service!

I must admit, despite the busy-ness of the season, Holiday Baskets is my favorite time of year. I love the traditions our volunteers create around the event: sharing cherished family cookie recipes, knitting and sewing in anticipation of the season, teaching little ones about sharing gifts with those who are sick, bundling up the family to deliver baskets together on Christmas Eve, and so many more. Thank you for sharing your personal and family traditions with our greater HIV/AIDS community. I also offer a special thanks to the many businesses that help with our program. The following experience comes from Nicole, an employee at CIGNA in Eden Prairie. "Over 60 employees from CIGNA used a full or half day of paid volunteer time to help out as we were their featured December Volunteer Opportunity of the Month.

I volunteered at The Aliveness Project two years ago with some of my coworkers from CIGNA for the annual Holiday Basket event. I had such a great experience that I volunteered again this year with my dad. Throughout our busy day of wrapping/sorting gifts, he learned all about this wonderful organization and the services that are provided to members living with HIV/AIDS. It was our first time volunteering together as a family and it turned out to be a fun father-daughter day of volunteering!" Do you know an employer who may want to highlight our volunteer opportunities, or someone who may link us to their employer's Volunteer PTO Day Coordinator? I would love to talk to them.

How can you help with Dining Out for Life? Thursday, April 25th is truly just around the corner. SAVE THE DATE! We anticipate having about 400 volunteers join us as Ambassadors for the big day, but did you know we use lots of volunteers NOW for various tasks? The entire month of January and early February is our restaurant recruitment period. If your favorite restaurant is not yet participating, NOW IS THE TIME to help us to recruit them. We can get you all the materials/scripts you may need to bring them on board. Whether you help to bring one new place to us, or ten -- every new restaurant helps! We can also use help here in the office working the phones, email, fax, and social media to help with restaurant recruitment. Whether you have daytime or evening hours available, please be in touch with us. Starting in mid-February we will be looking for proofreaders and folks to help us recruit new Ambassadors and re-sign our returning ambassadors. March sees us distributing materials throughout the state and starting our Ambassador Trainings. Please let us know where your skills and interests lie related to this amazing event!

Regular volunteers, don't forget to log your hours into the database. It is so simple to type in your name or code to enter your hours. All volunteers should be logging their hours so we can have the most accurate count of volunteer hours possible. We know that sometimes the "year to date" field does not appear to be updating properly, but rest assured the hours are being tracked, even though that figure does not appear to be adding up. We're working to solve that conundrum, so please let me know if you are still experiencing an inaccurate total or other log-in problems. Thank you!



Monica is always ready to jump into a Holiday Basket photo during her favorite time of year at The Aliveness Project.

FOOD SHELF NEWS

Our food drive at the Wedge Community Co-op in November was another fabulous success. We collected 1,777 pounds of food and \$913.00 in cash donations. I really want to thank the Wedge for allowing us to host these food drives at their store (located at 2100 Lyndale Avenue in Minneapolis). They have been so kind to us for many years and I just want to stress that it is a privilege that we do not take for granted. Thanks again to the staff, members and shoppers at the Wedge for helping us out. Big thanks go to our volunteers for all of the help they give us throughout the year -- we couldn't get by without them.

Our next food drive at the Wedge is scheduled for March 2013, so if you want to volunteer call me or stop in and let me know in early March. We will be happy to schedule you. We always have a lot of fun on these food drives so why not join in?

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



You can run a food drive at work, school, place of worship, or anywhere you can think of. You can have a competition between departments at work or classes or fraternities/sororities at school. Award prizes to participants for the most food donated. I have a few boxes with our name and logo that you can use. Food drives can be fun so join in and do a good deed at the same time.

This is just a quick story from a member who uses our food shelf. His name is Phil and he writes: "The food shelf has been a tremendous benefit for me during these hard economic times. The friendliness of the staff and the quality of the food keeps me coming back. Thanks, Aliveness!" Thanks, Phil.

And thanks to all the volunteers that help in the food shelf and that help with food drives and other extra-curricular activities. We appreciate all of you.

See you around the Project!

Dan Capelli - Food Shelf Director

THURSDAY APRIL 25, 2013

Dining Out for Life

We're excited to announce the return of Sven Sundgaard and Rena Sarigianopoulos from KARE 11 as our co-spokespersons.

It's that time!! YES! It won't be long before you'll hear me inquiring whether you know a restaurant or want to be an Ambassador, or exhorting you to eat throughout the day; so beat me to the punch! Call me at 612-822-7946, extension 204, and surprise me! We will need over 400 Ambassadors and would like to recruit some new restaurants to add. We'll also need prizes and poster distributors. I have one volunteer working on recruitment, but there is much to be done.

Check out the fun we had last year....

Tim Marburger

Director of Fundraising & Special Events



Save the Date
4.25.13



THURSDAY APRIL 25, 2013

Dining Out for Life

BIG THANKS to all of our 2012 Dining Out for Life restaurants

128 Café
318 Cafe
5-8 Club, The
5-8 Grill and Bar, The
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
Bulldog Lowertown, The
Bulldog Uptown, The
Bullfrog Cajun Bar
Buona Sera Ristorante and Wine Bar
Butcher Block Bar & Restaurant, The
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
Glockenspiel, The
Grand Café
Great Waters Brewing Company
Happy Gnome, The
HauteDish
Hazel's Northeast
Herkimer Pub and Brewery, The
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
Lowbrow, The
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
Purple Onion Café, The
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
Saloon, The
Salut Bar American St. Paul
Sample Room, The
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
Turn 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



RESTAURANTS, SIGN UP ONLINE

Our Restaurant Agreement form can be found on our website.

<http://www.aliveness.org/2013-DOL>

HOLIDAY BASKETS 2012

HAPPY NEW YEAR!! 2012 was an exciting year! Holiday Baskets, while very crowded, went wonderfully this year. We had 691 families request baskets and 552 of these were adopted – 80%. Amazing!

Thank you to the many, many groups and individuals who adopted baskets, hosted drives (toys, mittens, appliances, etc.), or donated cash to purchase gifts to provide our families with a bright light during the often difficult holiday season. Plus, we had a special elf – Senator Al Franken -- deliver a basket to one of our families (picture on this page).

Here are a few of the individuals and groups that I would like to thank for adopting multiple baskets or VERY large families, or making significant donations during the holiday season:

- Après Party & Tent Rental loaned 44 tables for our Holiday Basket Program.
- Atons of Minneapolis collected \$1,333.73 for our Capital Campaign and 674 pounds of food for our Food Shelf Program.
- Peter Austin & Chris Foss and friends adopted 45 baskets.
- Beckman Coulter, Inc. Customer Call Center adopted 3 baskets.
- Jeanne Burns and Liz Oppenheimer adopted 3 baskets.
- Calvary Lutheran Church – Golden Valley adopted 167 people.
- Can Do Girls Club adopted 3 people.
- Bill Christman adopted 6 baskets.
- Daisy Troop 55549 adopted 1 basket.
- De LaSalle High School adopted 5 people.
- John Doll Studios Hair Design adopted 50 baskets.
- Elk River Lutheran Church - Youth Group adopted 10 baskets.
- Ernst & Young LLP adopted 48 baskets.
- First Equity Mortgage adopted 8 baskets.
- Gene and Charlotte Frampton adopted 6 people.
- Friendly Hills Middle School adopted 4 people.
- Hennepin Avenue United Methodist Church – Youth adopted 6 people.
- Hennepin County, Public Health Clinic adopted 2 baskets
- Hiawatha Church adopted 9 baskets.
- Imperial Court of Minnesota adopted 5 people, and collected \$2,964.96 for our Capital Campaign Fund.
- Joyce and Warren Kapsner adopted 6 people.
- Land O'Lakes, Inc. adopted 8 people.
- Language of Love LLC adopted 4 people.
- Lutheran Church of Christ the Redeemer adopted 6 people.
- Macalester Plymouth United Church – Youth adopted 8 people.
- Minnesota Department of Health, Infectious Disease, Epidemiology, Prevention & Control adopted 5 people.
- New Spirit United Church of Christ adopted 16 baskets.
- Open Cities Health Center, Inc. adopted 5 people.
- Our Savior's Lutheran Church adopted 4 people.
- Outfront Minnesota adopted 3 people.
- Regions Hospital Pulmonary Rehab adopted 2 people.
- Shop NBC adopted 10 people.
- St. Joan of Arc Catholic Church donated 942 pounds of food shelf items, promoted our Holiday Basket Program to their members.
- St. Paul Mennonite Fellowship adopted 2 people.
- Target employees donated gifts and many volunteer hours for Holiday Baskets wrapping gifts and filling baskets.
- The Chair Salon adopted 2 people and collected 208 pounds of food shelf items.
- The Firm adopted 23 baskets.
- Toys for Tots donated several hundred toys.
- TRUST Youth Group adopted 5 baskets.
- University of Minnesota, The HIV/STI Intervention and Prevention (HIPS) adopted 4 people.
- Valley of Peace Lutheran Church - Youth Group adopted 8 people.
- Walgreens Uptown adopted 2 people.
- Wells Fargo Home Mortgage, Home Preservation adopted 3 people.
- Wells Fargo Home Mortgage, Lien Release Department adopted 7 people.





'tis the season
for giving

THE ALIVENESS PROJECT Health & Wellness Program

Free workshops on **diet, nutrition,** and **food** for HIV+ people!

January-February 2013 Events

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



Jonathan jokingly demonstrates what NOT to do

"Heart-Healthy Eating: Eat This, Not That!" with Lisa Nadeau, Aliveness Project Dietitian
Tuesday, January 8, 5:30 – 6:30 pm, The Aliveness Project Conference Room
 Have dinner downstairs before or after the presentation if you like
Did you know that HIV and some HIV medications can raise your cholesterol and triglycerides? The good news is that you can reduce and control blood lipid levels through a healthy diet. Lisa will present practical tips and recipes on how to crowd out and replace "naughty" foods with nutritious foods to stay heart healthy!

"Diabetes Nutrition Guidelines" with Lisa Nadeau, Aliveness Project Dietitian
Thursday, January 10, 5:30 – 6:30 pm, The Aliveness Project Conference Room
 Have dinner downstairs before or after the presentation if you like
How can we successfully manage both HIV and diabetes? Lisa will talk about general nutrition recommendations for diabetes and share ways to better control your blood sugar levels. She'll also speak on the relationship between HIV, HIV medications, and diabetes.

"Mindful Eating" with Shannon Garrity, Psychologist, PRIDE Institute
Monday, January 21, 12:30 – 1:30 pm, The Aliveness Project Conference Room
 Please save your appetite – we will all go downstairs for lunch together
Eating while multitasking, whether working through lunch or watching TV while eating dinner, often leads us to eat more. On the other hand, eating "mindfully," savoring every mouthful, enhances the experience of eating and keeps us aware of how much we take in. We will do a guided exercise and discuss ways to practice mindful eating in daily life.

"Lipodystrophy and HIV" with Jean Willis, Gilead Sciences
Tuesday, January 29, 12-1:30 pm, Stella's Fish Café (1400 W Lake St in Uptown Mpls)
 On/near the #6, 12, 17, 21, 23 bus lines and Uptown Transit Center
 Drivers should plan to pay for street parking or the parking ramp at Calhoun Square
 We will meet in the upper level private room; lunch will be provided during the presentation
Do you know the difference between regular weight gain and HIV-related lipohypertrophy? How much weight loss defines lipodystrophy (wasting)? We will discuss issues surrounding the changes in body shape that affect some people with HIV.

"Forks Over Knives" (documentary on health benefits of a plant-based diet)
Saturday, February 9, 11:30 – 1 pm, The Aliveness Project lobby
 Come early for brunch downstairs if you like
Are America's leading causes of death linked to our diet of processed and animal-based foods? Can we prevent or even reverse heart disease, diabetes, obesity, and cancer simply by changing what we eat? Come watch this scientific documentary put the idea of "food as medicine" to the test and decide for yourself.

"Fresh" (documentary on the movement to make organic food cheap and profitable)
Saturday, February 16, 11:30 – 12:30 pm, The Aliveness Project lobby
 Have brunch downstairs before or after the movie if you like
Can organic, sustainable agriculture ever compete with "factory farm" food that is mass produced? This documentary celebrates the farmers and business people who are working to produce healthy, fresh food that doesn't hurt our bodies or environment, and is affordable and accessible to everyone.

"Breaking Those Bad Eating Habits" with Lisa Nadeau, Aliveness Project Dietitian
Thursday, February 21, 5:30 – 6:30 pm, The Aliveness Project Conference Room
 Have dinner downstairs before or after the presentation if you like
Do you find it hard to control bad habits like drinking soda, going to the drive through on your way to work every day, or snacking in front of the TV? Lisa will discuss ways to break your routine and form new, healthy go-to behaviors.

"Understanding Your General Lab Tests" with Elissa Greene, Chatham Care Center
Tuesday, February 26, 12-1:30 pm, Stella's Fish Café (1400 W Lake St in Uptown Mpls)
 On/near the #6, 12, 17, 21, 23 bus lines and Uptown Transit Center
 Drivers should plan to pay for street parking or the parking ramp at Calhoun Square
 We will meet in the upper level private room; lunch will be provided during the presentation
 We will discuss the importance of general lab tests like cholesterol, blood sugar, and liver function for monitoring the overall health of people living with HIV. If possible, bring a copy of your lab results to follow along during the presentation. Elissa Green is a nurse practitioner at HIV clinic in Savannah, GA and is sponsored by Gilead Sciences.

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

*In Living
 Memory*

Alan S. Departed this life
 12/5/2012



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

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> \$10,000 | Name on THERAPY ROOM (Corporate logo optional) |
| <input type="checkbox"/> \$5,000 | Name on plaque in LOBBY (Corporate logo optional) |
| <input type="checkbox"/> \$2,500 | Name on plaque in DINING ROOM |
| <input type="checkbox"/> \$1,000 | Name on plaque in COMMUNITY ROOM |
| <input type="checkbox"/> \$500 | Name on plaque in MEMBER LOUNGE |
| <input type="checkbox"/> \$250 | Name on tile in HALLWAY |
| <input type="checkbox"/> \$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.

Thank You DONORS!

Thanks to everyone who gave financial and in-kind gifts between October 12, 2012 and December 28, 2012

ORGANIZATIONS

AFSA High School --
National Honor Society
Alexandra House
Amherst H. Wilder Foundation
Après Party and Tent Rental
Atons of Minneapolis
Bachman's
Beckman Coulter, Inc --
Customer Call Center
Bryant Lake Bowl
Calvary Lutheran Church - Golden Valley
Calvary Lutheran Church - Chicago Ave.
Can Do Girls Club
Central Lutheran Church -
Hannah Circle
The Chair Salon
Christ English Lutheran Church
Christian Brothers of MN Miguel House
Communications Workers
of America, Local 7250, AFL
Daisy Troop 55549
David S. Ascher Charitable Foundation
De LaSalle High School
Edward R. Bazinet
Charitable Foundation
Elk River Lutheran Church --
Youth Group
Ernst & Young LLP
The Firm
First Christian Church
First Equity Mortgage
Floral Logic
Friedell Family Foundation
Friendly Hills Middle School
Great Harvest
Hennepin Avenue United
Methodist Church
Hennepin County -- Public Health Clinic
Hennepin Theatre Trust --
Access Ticket Program
Hiawatha Church
Imperial Court of Minnesota
John Doll Studios Hair Design
The Lynn Johnson Family Foundation
JPMorgan Chase & Co.
Knights of Leather
Land O'Lakes, Inc
Language of Love, LLC
Lutheran Church of Christ
the Redeemer
Macalester Plymouth United Church
Macemon Photography
Minneapolis South Rotary Club
Minnesota Department of Health --
Infectious Disease, Epidemiology,
Prevention & Control
Minnesota Red Ribbon Ride
Nemer Fieger
New Spirit United Church of Christ
Open Cities Health Center, Inc.
Our Savior's Lutheran Church
Outfront Minnesota
RE/MAX Results -- The Hatch Group
The Saloon
Sea Salt Eatery LLP
Shop NBC
St. Alphonsus Catholic Church
of Brooklyn Center, MN
St. Joan of Arc Catholic Church
St. Paul Mennonite Fellowship
TRUST Youth Group
Twin Cities Gay Men's Chorus

Twin Cities Pride
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