

the Aliveness

Serving Our HIV/AIDS Community Since 1985 Oct/Nov/Dec Vol. 25, Issue 4



A TASTE FOR LIFE

A Taste For Life is our new fundraiser benefiting The Aliveness Project and taking place on Tuesday, October 14 at Minneapolis Event Center. Join us for an evening of special menu items by select chefs from a dozen local restaurants, free wine, signature cocktails, entertainment and a silent auction.

We are excited to share that Marjorie Johnson, the "Blue Ribbon Baker," will be a special guest at this event. Marjorie is a local celebrity from Robbinsdale who has appeared on local TV and numerous national talk shows. Marjorie has won over 2,500 state and county fair ribbons including over 1,000 blue ribbons. Attendees will have the opportunity to bid on a silent auction item to have Marjorie visit their home and demonstrate some of her secret baking tips.



To purchase tickets, see page 6 or visit aliveness.org.

MIRACLE ON 38TH STREET (AND NICOLLET)

Since 1988, our Holiday Basket Program has provided thousands of gifts for Hanukkah and Christmas. Last year, our volunteers delivered 700 baskets, serving 932 adults and 422 children, including 103 baskets sent to people in Greater Minnesota.

The HIV+ members who receive these gifts are so appreciative. Here is what one woman wrote last year:

"Words cannot express how grateful my family and I feel. I am a single mother with five children. Two years ago, we had a house fire and lost everything. Every day is a battle for me, struggling to make ends meet. I do my best to provide for them, but rarely have the money to get what they want. So my children often go without a lot."

"This Christmas, we were blessed by you with gifts, joy and happiness. My children were amazed by the presents they received. They were so grateful and out-of-their-minds pleased. Everything we opened was perfect."

"As a mother with children dealing with their own illnesses, smiles are priceless and really count. The past couple years have been so hard, but these gifts were a breath of fresh air. Thank you to each and every one of you who contributed and thought of us!"

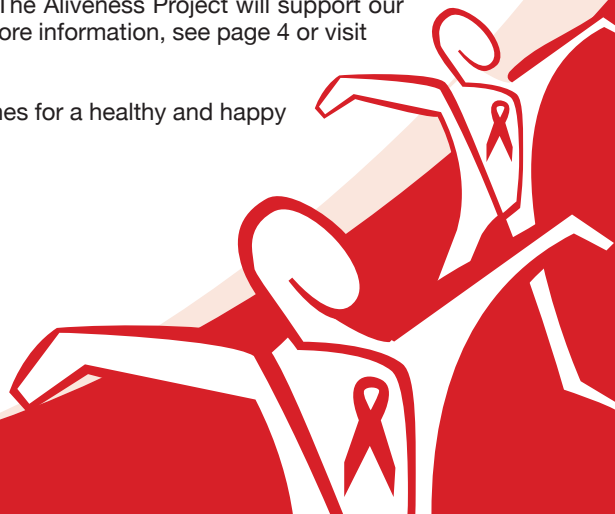
This annual "miracle" could not happen without people like you. Last year, 66 percent of our baskets were "adopted" and we hope to increase that involvement this year! People like you can help by adopting one or more individuals or families (and purchasing gifts for those baskets). We also need donations of new clothing, toys, gift cards, quilts, teen gifts, candy and other items. For more information, please see page 9.

GIVE BACK BEFORE GIVING THANKS

The Walk To End Hunger at the Mall of America is taking place again this year on Thanksgiving Day morning, which is Thursday, November 27. All funds raised by Team Aliveness or designated to The Aliveness Project will support our Food Shelf and Meal Program. For more information, see page 4 or visit www.walktoendhunger.org.

Best wishes to you and your loved ones for a healthy and happy holiday season!

Joe Larson - Executive Director



YOGA

at The Aliveness Project



"Do yoga do good one breath at a time"

On Saturday, October 18th starting at 10:30 am, the Gorilla Yogis will be coming to The Aliveness Project. There will be a \$10 suggested donation for participation in the class. Proceeds from the event will go to support The Aliveness Project and the Integrative Therapies Program. This class is for people of all abilities from 1st timers to experienced practitioners (no previous experience needed). "We make yoga accessible to all." Bring your own yoga mat and your own water bottle.

**Time/Date subject to change, please check our website calendar.

<http://www.gorillayogis.com/>

NUTRITION PROGRAM UPDATE

Hello! I hope you have enjoyed the summer. I have been busy meeting with members in person or by phone regarding their nutrition concerns. Good nutrition is one of the foundations for good health and wellness. The topics we cover range from managing side effects of medications such as nausea, diarrhea or constipation, and managing weight to meal planning and more. If you would like to schedule an appointment, just call the front desk to find a time that works for you and get started on a path to wellness.

Most of the tomatoes in my garden are still green, but the cherry tomatoes are exploding! We like to wash and freeze cherry tomatoes so we can use them through the winter for recipes like the one below. Who needs spaghetti sauce from a jar...this is pretty easy to make!

Enjoy and be well.

LISA NADEAU, RDN, LD

lisa@aliveness.org

612-822-7946 x 217

Spaghetti Squash with Tomato Sauce

INGREDIENTS:

1/4 cup extra virgin olive oil
4 cloves garlic, thinly sliced
1 teaspoon crushed red pepper flakes, lightly crushed
2 pints cherry tomatoes
(grape tomatoes work well too and can be easily found in the grocery store in the winter)

Salt and pepper

1/4 cup balsamic vinegar
1/2 cup flat leaf parsley, chopped
Freshly grated Pecorino or Parmesan cheese
A few torn basil leaves, for garnish

PREPARATION:

Heat the olive oil over medium heat in a large skillet with a tight-fitting lid. Add the garlic and red pepper flakes and stir for 2-3 minutes, until the garlic is very light golden in color. Add the tomatoes and season with salt and pepper; cover the pan and raise the heat to medium-high. Cook for 10-12 minutes, until the tomatoes burst, shaking the pan occasionally. Uncover and add the vinegar; reduce the heat to low and reduce a minute or two more.

Break the tomatoes up a bit with a potato masher or fork; add 1/4 cup water and the parsley to the pan, then toss with drained whole grain pasta for 1-2 minutes (add a little more water if needed) or serve over spaghetti squash (see preparation below). Serve in shallow bowls topped with cheese and basil.

Adapted from: http://www.rachaelray.com/recipe.php?recipe_id=4816



SPAGHETTI SQUASH PREPARATION:

Preheat oven to 375 degrees. With a small sharp knife, prick squash all over. Place on a rimmed baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through. When cool enough to handle, halve lengthwise and scoop out seeds. Scrape squash with a fork to remove flesh in long strands.

Serves 4

THE ALIVENESS PROJECT

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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.

The Aliveness Project's Annual Picnic

The Aliveness Project held its Annual Picnic at Minnehaha Park on Friday, August 15. Mother Nature again gifted us with a warm and sunny day. Lots of members, volunteers, staff and loved ones shared in the fun. It was nice to see everyone and their families there (both the 2-legged and the 4-legged varieties). The cooks outdid themselves again, serving up burgers, hot dogs, brats, watermelon, salads, and dessert. We kept alive our tradition of playing 4-square, breaking the piñata, and BINGO. Some of our big winners of the BINGO coverall game scored some nice gift cards, the lucky ducks. We hope you can join us for the fun next year!



SAVE A TREE!
SIGN UP
ONLINE

www.aliveness.org

NEWSLETTER SCHEDULE

Our newsletter will be published once every quarter instead of bimonthly. Our next publication will be in January. You can help us save printing costs by signing up for the **e-newsletter** on our website at www.aliveness.org.

Pet PROJECT



Is your pet due for RABIES or DISTEMPER, but you're having trouble finding money to cover the costs?

THE PET PROJECT CAN HELP!

We are sponsoring a low-cost Rabies/Distemper clinic

October 12, 2014 from 12-2:30 pm

at The Aliveness Project

(Donation to The Pet Project not required but appreciated)

**Call the Aliveness Front Desk
(612) 822-7946 for an appointment.**

Income qualifications for The Pet Project vaccination clinic include receiving Medicaid/Medicare, welfare or public assistance, disability, unemployment, Social Security (with no other income), being a part-time or full-time student or have had a reduction in income/hours), please bring proof.

The Pet Project is a 501 C-3 nonprofit who helps to keep pets and their caregivers together by providing pet food, pet supplies and access to veterinary care to those who are struggling. We also serve as a clearing-house for information on spay and neuter services, pet-friendly housing options, and more. To learn more about The Pet Project Visit: www.thepetprojectmn.org



In Living Memory

DEPARTED THIS LIFE

Steven G.	6/6/14
Roselyn K.	7/5/14
Mark D.	7/26/14
Robert S.	8/24/14
Tyrone C.	8/30/14
Rudy G.	9/18/14

THANKSGIVING MORNING

**THURSDAY
NOVEMBER 27
MALL OF AMERICA**

**REGISTRATION
7 - 9:30 AM**

**THE WALK
7:30 - 10 AM**

WALK TO END HUNGER



We would like to have a HUGE team so sign up at
www.walktoendhunger.org.



The Aliveness Project will again be part of the Walk to End Hunger scheduled for November 27 (Thanksgiving morning).

New this year – We have a matching grant of \$2,200. Every dollar raised to that amount will be matched. Start now and join Team Aliveness. When registering or donating be sure to designate The Aliveness Project or Team Aliveness.

THE ALIVENESS PROJECT CHARITABLE GAMING PROGRAM

The next time you're out and about, why not help The Aliveness Project by having a little fun? You can do this by supporting our Charitable Gaming Program. We offer a multitude of different games, including BINGO, Pull Tabs and Tri Wheel at several locations across the Twin Cities. Find us at the locations listed below. For a complete list of our games, where they are offered, and when they are played, please visit our website: aliveness.org

19 BAR, 19 WEST 15TH STREET, MINNEAPOLIS

BRASS RAIL, 422 HENNEPIN AVENUE, MINNEAPOLIS

DI'NOKOS BAR ZIA, 420 SOUTH 4TH STREET, MINNEAPOLIS

EAGLEBOLTBAR, 515 WASHINGTON AVENUE SOUTH, MINNEAPOLIS

GAY 90'S, 408 HENNEPIN AVENUE, MINNEAPOLIS

LUSH FOOD BAR, 990 CENTRAL AVENUE, MINNEAPOLIS

SALOON, 830 HENNEPIN AVENUE, MINNEAPOLIS

SMACK SHACK, 603 WASHINGTON AVENUE NORTH, MINNEAPOLIS

THE TOWN HOUSE BAR, 1415 UNIVERSITY AVENUE WEST, ST PAUL



NEW EMPLOYEE BIO - *Asten Quartermain*

If you have been to our dining room lately, you have probably seen a lot of Asten Quartermain. Asten, who started out as a volunteer in our kitchen last spring, was recently hired as a fill-in-cook.

Asten first came to The Aliveness Project to help out – to give back. Having had a partner who was HIV-positive, he feels blessed to have not contracted HIV himself. And so, he is happy to be of service to those who are positive.

Asten has always worked in food service. He worked with Sodexo in both Chicago and in the Twin Cities, and he even had his own catering service a few years back. You might say he feels at home on the range. Like most cooks, Asten has some words of advice for anyone who is considering working or volunteering in our kitchen (or in any kitchen, for that matter). "You've got to love what you do in a kitchen. If you don't, the people eating your food will know – it won't be any good."

Lucky for us, Asten loves what he does!



THE PEER TO PEER & OUTREACH PROGRAMS

As some of you may be aware, our Outreach Worker, Joshua Conrade, resigned his position and accepted a job at another agency. We wish Joshua well in his new endeavors. Now, we are excited to inform you that Hanna Dorn has agreed to join the Outreach Program on a part-time basis. She will continue her duties as the morning receptionist and Health & Wellness Coordinator here at The Aliveness Project. We are continuing outreach and testing at all the locations that our peer and outreach staff have been testing, including: All God's Children Church, St. Stephens, River of Life Lutheran Church, Simpson Housing, YouthLink, Progress Valley, Catholic Charities Opportunity Center, Jordan house and Portland house. Our program staff members are also working on adding new locations where high risk populations are found.

Incentives are back for HIV testing referrals. If anyone refers individuals who are at high risk for HIV infection who get tested here at The Aliveness Project, they will receive an incentive. Individuals who get tested will also receive an incentive. We continue to look for HIV+ people who have fallen out of care to assist them to get back into care (there are incentive as well for those referrals if there is a confirmed care linkage). Feel free to contact us 24/7 for assistance. Our staff can be contacted at the following phone numbers:

Angelikah Overton (Peer- to- Peer Coordinator): 612-822-7946 ext. 209 (office hours); 612-866-5708 (cell) after hours.

Tom Bichanga (Director of Prevention and Outreach Services): 612-822-7946 ext. 214 (office hours); 612-839-2414 (cell) after hours.

Hanna Dorn (Outreach Worker): 612-822-7946 (office hours); 612-866-5703 (cell) after hours.

Thank you,

Tom Bichanga - Director of Prevention and Outreach Services



A TASTE FOR LIFE

TUESDAY OCTOBER 14, 5:30 - 10:00 PM

MINNEAPOLIS EVENT CENTER, 212 SE 2ND STREET, MINNEAPOLIS

Join 200+ community leaders, philanthropic "foodies," and some of the Twin Cities' most well-known culinary superstars for an evening of delectable food, wine and spirits. A Taste for Life, our first annual gala that will raise funds to support The Aliveness Project, will feature tantalizing appetizers, entrees and desserts from some of the Twin Cities' most popular restaurants, food trucks, and caterers, a variety of free wine, signature and specialty cocktails at the cash bar, a fun silent auction, exclusive entertainment, plus fun opportunities to mix and mingle.

Our evening will spotlight a variety of incredible entertainment by local artists Annie & The Bang Bang and OVation from One Voice Mixed Chorus, to name a couple.

VIP guests may arrive beginning at 5:30 pm for a special first view/taste of all offerings and special entertainment. General admission begins at 6:30 pm.

We would like to extend a HUGE thank you to our current sponsors for this event:

Minneapolis Event Center, MN Ice Sculptures, Annie & The Bang Bang, One Voice Mixed Chorus, Rudy's Event Rentals, Johnson Brothers, Mani Mela Design, AV For You, and Bungalow 6 Design.

Restaurants on board at this writing are: Angelina's Kitchen, Coup d'etat, House of Hunger, Khyber Pass Café, Kyatchi, Mattie's on Main, Minneapolis Event Center Chefs, Nonna Rosa's Italian Restaurant, Ruhland's Strudel Haus, Sociable Cider Werks, Spill the Wine, and Toast Wine Bar & Café



General Admission Tickets
\$50/person or \$85/couple

VIP Tickets
\$100/person or \$150/couple

(free valet, swag bag, first look and opportunity to bid on VIP only auction items, first taste of restaurant offerings, and VIP only entertainment)

Please visit our **website at aliveness.org** to purchase tickets and for further information.

A TASTE FOR LIFE - TICKET ORDER FORM

Tuesday, October 14, 5:30 - 10 PM

General Admission (starting at 6:30 PM) :	\$50 per person	X _____	= \$ _____
General Admission:	\$85 per couple	X _____	= \$ _____
VIP Admission (starting at 5:30 PM) :	\$100 per person	X _____	= \$ _____
VIP Admission:	\$150 per couple	X _____	= \$ _____
(VIP includes valet parking, swag bag and first view of silent auction.)			
TOTAL PAYMENT			= \$ _____

Name(s): _____

Address: _____ City, ST, Zip: _____

Phone: _____ Email: _____

☐ **Check enclosed** (Make check to "The Aliveness Project")

☐ **Charge my credit card:** ☐AmEx ☐MasterCard ☐Visa

For credit card orders, please complete the following information:

Credit card number: _____ Exp.date: _____

Name(s) on credit card: _____ Your signature: _____

Food Shelf News

The Food Shelf has been booked up every day for the last few months. Members have been trying to get their monthly food shelf bags, but are waiting until the end of the month to call the front desk for a food shelf appointment. May I suggest that please make sure you book your appointment at least 1-2 weeks in advance so you are sure that there are spaces left, otherwise you may have a problem! Thanks.

If you frequent any stores that sell Ensure, is it possible for you to ask the manager if they would be willing to donate any to The Aliveness Project Food Shelf? We need Ensure, but it is rarely donated.

Since this newsletter covers a 3-month span, I will tell you that the last food drive of the year will be on Saturday and Sunday November 22 and 23. It will be held at The Wedge Community Co-op at Lyndale and Franklin in Minneapolis. Since this will be in **November** please remember that these food drives are conducted outside. Please dress appropriately!!

If you are recycling your tall handle paper bags, please bring them to our food shelf. Paper is expensive (14 cents per bag and we double-bag). Plus we have 17 or more appointments each day. That really adds up at the end of the year! **We need your bags!**

See ya! **Dan Capelli** – Food Shelf Director



UNITED WAY CAMPAIGNS

Is your workplace holding a United Way or other community campaign this fall? Many employers allow employees to make designated gifts to 401(c)(3) nonprofit organizations, such as The Aliveness Project. Payroll deductions are an easy way to support our services for people living with HIV/AIDS!

wish list

- Hundreds of wonderful people to ADOPT holiday baskets (our biggest need by FAR!)
- Team Aliveness walkers to participate in the Walk to End Hunger (Thanksgiving Thursday, November 27 at the MOA)
- Coffee (for our Meal Program)
- Handmade stockings, quilts, mittens and hats to put in the holiday baskets
- New housewares for holiday baskets (pots, pans, small kitchen appliances, towels, sheets, etc.)
- Small electronic **anything** for teenagers (we NEVER have enough gifts for teens)
- Books, dvds, cds for teens and adults
- Batteries (AA and AAA)
- Gift certificates from anywhere – especially grocery stores and big box stores
- Avery 5160 labels
- White copy/printer paper
- Stay-Put pens
- Heavy-duty clear Scotch brand packing tape





FALL 2014

THE ALIVENESS PROJECT HEALTH & WELLNESS PROGRAM FREE Health Workshops for Members

Please call the Front Desk at (612) 822-7946 to sign up for all workshops

"CONTROL YOUR ANGER BEFORE IT CONTROLS YOU"

Monday, October 6

1:00 - 2:30 pm

Aliveness Community Room

\$5 Target giftcard for members that stay the whole time

Bryan Cole, MA, LMFT, a therapist from Park House (an HIV/AIDS health center), will discuss how anger is an expression of underlying hurt, stress, and insecurity. Learn how to stop reacting and start communicating!

"NO MORE 'WHAT IF's...COPING WITH ANXIETY"

Monday, October 13

1:00 - 2:30 pm

Aliveness Community Room

\$5 Target giftcard for members that stay the whole time

Bryan Cole, MA, LMFT, a therapist from Park House (an HIV/AIDS health center), will share ways to calm your mind and control negative and obsessive thoughts.

"PROTECTING YOURSELF AND OTHERS"

Thursday, October 23

6:00 - 7:30 pm

Aliveness Community Room

Bring a guest for the presentation and dinner from Market Bar-B-Que

Free, confidential rapid HIV tests available during presentation
Do you know someone who is at risk for HIV? Invite them to our dinner presentation on transmission with Jean Willis from Gilead Sciences (an HIV drug company). Guests who get tested can receive a \$5 giftcard. Members can receive a \$10 giftcard if they stay the whole time and bring someone at risk for testing.

"RESISTANCE TO HIV MEDICATIONS"

Thursday, November 6

12:00 - 1:30 pm

Aliveness Community Room

Enjoy lunch from Galactic Pizza during the presentation

Dr. Debbie Hagins (sponsored by AbbVie, an HIV drug company) will explain what happens inside your body when you skip a dose of meds. She'll break down how to avoid resistance and get to undetectable.

"THE POWER OF POSITIVE THINKING"

Monday, November 17

1:00 - 2:30 pm

Aliveness Community Room

\$5 Target giftcard for members that stay the whole time

Bryan Cole, MA, LMFT, a therapist from Park House (an HIV/AIDS health center), will lead a discussion about the benefits of optimism, gratitude, and giving back.

***Due to the Holiday Basket Program, there
will be no workshops in December.**

Hanna Dorn • Health & Wellness Program Coordinator

hanna@aliveness.org - (612) 822-7946, ext. 213

www.aliveness.org/health-and-wellness



27th 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 Tuesday Dec. 16 (limited number — requires a vehicle) | | |
| <input type="checkbox"/> Delivering 1-2 Christmas Baskets (requires a vehicle) on: Wednesday, 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:

Thank You Donors

Thanks to everyone who gave financial and in-kind gifts
between MARCH 10, 2014 and JUNE 5, 2014

ORGANIZATIONS

Acqua Restaurant - White Bear Lake
Advance Consulting LLC
Alexandra House
American Burger Bar
Ameriprise Financial Employee
Giving Campaign
Bambu Asian Cuisine
Bennett's Chop & Railhouse
Black Dog Café
Black Sheep Pizza - Minneapolis
Black Sheep Pizza - St. Paul
Blue Cross & Blue Shield of MN
Heart of Blue Council
Boca Chica Restaurant & Lounge
Borough
Brookside Bar & Grill
Bruegger's Bagels - Eden Prairie
Bruegger's Westwind Plaza
The Bulldog Lowertown
Buona Sera
Butcher Block Restaurant
Calvary Lutheran Church
Chatterbox Pub
Chin Dian Café
Choice Loyalty, LLC
Colossal Café
Corner Table
Crema Café, Room for Dessert
Cristo Rey Jesuit High School
Curran's Restaurant
Dowling Community Garden
Eagles Rock Jewels
Entegris, Matching Gifts
FACES Mears Park
Falafel King
Fidelity Charitable Gift Fund
Fireroast Café
First Christian Church
Foxy Falafel
Genesis Logistics
Gethsemane Lutheran Church
Girl Scouts River Valley Troop 16261
Grand Duchess of Minnesota
Greater Minneapolis Council of
Churches - FoodShare
Hand & Paw Vet Clinic, LLC
The Happy Gnome
The Harriet Brasserie
HauteDish
The Herkimer Pub & Brewery
Hugh J. Andersen Foundation
Icehouse
The Imperial Court of Minnesota
joans in the Park
Kopp Family Foundation
Kramarczucs East European Deli
La Grolla
Land O'Lakes Foundation
Lucia's Restaurant & Wine Bar
MAHADH Fund of HRK Foundation
Manny's Tortas
Marianne's Kitchen
Mason's Restaurant Barre
Maurices
Medtronic YourCause, LLC, Trustee for
Medtronic Foundation

Milton's Vittles - Vino - Beer
Minneapolis Market
Minneapolis Parks & Recreation
Board, JD Rivers' Children's Garden
Mosaic Foundation
moto-i
Namaste Café
New Scenic Café
Ngon Vietnamese Bistro
Nightingale
Old Village Hall Restaurant
Parka
Q fanatic BBQ
Rainbow Chinese Restaurant
Roat Osha
Robins Kaplan Miller & Ciresi, LLP
Ruth L. Thatcher Resources, LLC
Saffron Restaurant & Lounge
Señor Wong
Social House
Solera
Southside Farm Store
Thomson Reuters,
My Community Program
Thrivent Financial
Toast Wine Bar & Cafe
Tongue In Cheek
Tootie's on Lowry
Toro Company Giving Program
Trotter's Café
UNION Rooftop
Unitarian Universalist
Church of Minnetonka
Upper Midwest Association
of Promotional Professionals
Victor's 1959 Café
The Wedge Community Co-op
Whole Foods Market
Xcel Energy,
Corporate Citizenship Foundation
Y'all Come Back Saloon
Yum!
Zen Box Izakaya

INDIVIDUALS

Rose C. Ahmann
Mary E. Albings & Jane Lien
Dennis Albrecht
Lesia Alexander
John Allen & Dustin Marcellus
Jared Altschul
Joan Ellison & Patricia Roth
Anonymous
Jen Augustson
Michael Barnhardt
Darren & Nichol Beckstrand
Jonathan D. Belair
Scott K. Belcher
Mary C. Bertrand-Nylen
Becky L. Benson
David M. Berg
Shayna Berkowitz & Phyllis Wiener
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volunteer update

It's Holiday Basket time! So, how can you help? Well, check out our website to sign up online or page 9 of this newsletter. **Adoption is always our biggest need** so rustle up some friends and have fun shopping and wrapping. **Leadership roles are important too.** Join us at least once a week for approximately five weeks and let our program make this your best holiday season ever! The two-hour leadership training session will be held on either Thursday, November 13 or Tuesday November 18 from 6:30- 8:30 pm with an optional dinner before the session. Please call me, Monica (612-822-7946 ext. 206), to RSVP. Greeters oversee small volunteer groups. Fillers sort through donations and select gifts for baskets not adopted. Catchers are going to fill an extra important role this year! Catchers greet volunteers who are excited to drop off their cookies, stockings, adoptions, etc. You thank them and eagerly help to bring their items to the appropriate part of our building. The catcher role is great for students or those seeking exercise as there will be lots to carry up and down the staircase. So take a few weeks off from the gym and join us instead!



Please don't forget other great opportunities such as the Walk to End Hunger happening on Thanksgiving morning, Thursday, November 27, or Give to the Max Day on Thursday November 13. Both of these are truly GREAT ways to help us keep our services going strong.

Thanks again for your incredible and generous spirit during this season of joy for our community!
Peaceful blessings to you and yours,

Monica Travis, Director of Volunteer Services



Oct/Nov/Dec 2014

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NOVEMBER 27, 2014
Thanksgiving Morning



MALL OF AMERICA

We will again be part of the Walk to End Hunger scheduled for

November 27

With registration from - **7:00 - 9:30 am**

The walk will be from - **7:30 - 10:00 am**

We would love another **HUGE** team so sign
up to join Team Aliveness at

www.walktoendhunger.org Do it today!

www.walktoendhunger.org



Mark your calendar for our 1st annual

A TASTE FOR LIFE

Tuesday, October 14

5:30 pm - 10:00 pm

**Special menu items from local restaurants,
free wine, cash bar, entertainment
and silent auction.**

**Minneapolis Event Center, 212 Second Street S.E.
(near Saint Anthony Main building)**

General Admission: \$50/person or \$85/couple

VIP Tickets: \$100/person or \$150/couple

visit **aliveness.org**