

the Aliveness

Serving Our HIV/AIDS Community Since 1985 November/December 2011 Vol. 22, Issue 5

MIRACLE ON 38TH STREET

Even though we have been dealing with HIV/AIDS for over three decades, many individuals living with this disease still face rejection from their families or communities. As a result, they often feel depressed and isolated during the holiday season. Three-fourths of our members live in poverty and cannot afford gifts for their children or family members.

Our Holiday Basket Program creates a special “miracle” for those who otherwise might not receive gifts for Hanukkah or Christmas. Last year we gave out 710 baskets with gifts for 943 adults and 429 children. With the current economic conditions, we expect an increase in the number of basket requests this year.

Last year, 80% of the baskets were adopted by individuals and groups who purchased gifts from the wish list for each individual or family. We hope to increase the number of adopted baskets this year, so help us spread the word to those who have not done so previously.

Our members tell us how much these baskets mean to them. Here are a few of the “thank yous” from last year:

“Thank you so much! Wow! Words cannot describe what all these gifts on Christmas Eve 2010 means to me. Upon hearing the news of my HIV+ status in April, I was devastated to my very core....If it wasn't for a place like The Aliveness Project, I wouldn't be here today.”

“To all of you at The Aliveness Project, including donors and volunteers – all of you made Christmas for me and my partner the best. We are alone and you put smiles on our faces. We are so grateful to have someone who cares about us and people living with HIV/AIDS. I've been needing winter boots for a couple of years and now I have them thanks to all of you....”

“Your service is a blessing to us families who live in poverty and can't afford Christmas presents. Our children couldn't be happier. You put smiles on my children's faces...priceless.”



You can help by signing up to adopt one or more baskets, volunteering to wrap presents or deliver baskets, or by organizing your work group or faith community to participate (see page 11).

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

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

Joe Larson
Executive Director



A LASTING LEGACY - PLANNED GIVING

Most of us hope that when we leave this earth, we will leave a mark. While not many of us will win a Nobel Peace Prize, become part of history books for future learners to study, or create a masterpiece that will live on in a gallery somewhere, each of us can leave a significant gift to an organization that is important to us and leave our mark.

At The Aliveness Project, we intend to break through the stereotype that legacy gifts are made by elderly people with wealth beyond belief and no family to share it. Any gift, big or small is every bit as meaningful as these news-making gifts we hear about. Help ensure that program at The Aliveness Project are available to community members with HIV/AIDS for years into the future!

Planned gifts may be revocable or irrevocable and include bequests through your will or living trust, retirement plan or life insurance policy beneficiary designations, charitable trusts and charitable gift annuities.

If you are interested and want to learn more about any of these options or how to make a planned gift to The Aliveness Project call Joe Larson, Executive Director at **612-824-LIFE (5433), ext. 201**. If you have already made a plan for a gift to The Aliveness Project, please contact Joe so that we can be aware of your generous intent.

Have a safe & happy

Holiday!

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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.



When: Thanksgiving morning

Thursday, November 24, 2011

Where: The Mall of America – Best Buy Rotunda

Time: 7:00 a.m. – 10 a.m.

The Walk to End Hunger is an initiative developed to raise awareness and funds in order to end hunger in the nine county metro area of Minnesota by 2013. It provides the public with a meaningful, accessible, family-friendly opportunity to contribute to this important cause that addresses the most basic of human needs — hunger.

Sign up to walk for The Aliveness Project by visiting www.walktoendhunger.org to join Team Aliveness. When you register, be sure to designate that you are raising funds for The Aliveness Project. Make a difference on this important day where so many have so much while so many have so little! Give back and then give thanks!

Registration:

Hunger Fighter (Adult): \$25.00

Our objective is to raise money to end hunger in the Twin Cities, and we need your help! As a Hunger Fighter, we encourage you to raise a minimum of \$100 by asking your friends and family to support your fundraising efforts.

Hunger Fighter Jr.: No Fees

Registration is free for children under 18 years of age. Our objective is to raise money to end hunger in the Twin Cities, and we need your help! As a Hunger Fighter Jr., we encourage you to raise a minimum of \$100 by asking your friends and family to support your fundraising efforts.

Walk to End Hunger:

Thanksgiving Day Morning, Thursday, November 24, 2011
7:00 to 10:00 a.m. at the Best Buy® Rotunda
in the Mall of America®.

- 7:00 to 9:30 a.m. Open Registration
- 7:30 to 10:00 a.m. Walk

(the 5K route takes less than 2 hours for the average walker to complete; walkers can walk as much or as little as they like). Activities and entertainment will take place at locations around the Walk route.

- 8:30 to 9:30 a.m.

Program and Entertainment at the Main Stage in Best Buy Rotunda.

PREVENTION PROGRAM

The Aliveness Project's Prevention Program is excited to announce the addition of two part time staff members, Jimmy (JT) Thompson and Krystal Rampalli. They will assist in doing outreach within The Aliveness Project, passing out condoms, safe sex kits, educational materials and referral materials. Additionally, they will do one-on-one counseling and give appropriate referrals for other needs such as medical care, social services, chemical dependency support and services, behavioral interventions, etc.

During the month of September, with the help of our new staff members, the Prevention Program conducted 80 individual counseling sessions, passed out 1,964 total pieces of prevention materials and completed 316 prevention encounters. Also in September, the Prevention Program hosted Christine Waller from HCMC who conducted a workshop titled, "Safe Sex Can be Good Sex." On October 5th, with the Health & Wellness Program, we conducted one session on stigma for our African-born members. During the remainder of our autumn months, the Prevention Program is planning to sponsor two workshops. One will deal with gonorrhea drug resistance while the other is about HIV and how it is spread (and not spread). This second session will also provide information about the legal ramifications of disclosure. Members can attend this session while assembling safe sex kits. Please stop by the Prevention Program office, which is located downstairs opposite from the food shelf if you have any questions or need referrals.



Thank you,

Tom Bichanga
HIV Prevention
Program Coordinator



In Living Memory

Departed this Life

Linden B.

September 4, 2011

James H.

September 22, 2011

HEALTH & WELLNESS PROGRAM

Happy fall! With cold and flu season on the way, I asked a local HIV doctor for tips on how to avoid illness. First, she recommended that everyone ask their doctor about getting a **flu shot** -- the nasal spray is not recommended for those over 50 or with compromised immune systems. Second, if you do get sick, consult your doctor **before** dosing up on Vitamin C, zinc, Echinacea, Chinese herbs, or other remedies. We all know that grapefruit juice and St. John's Wort are a no-no with medications, but even seemingly "natural" vitamins and supplements can have bad interactions with your HIV drugs. Lastly, use **hand sanitizer**, especially before eating or touching your face, and after using the restroom, blowing your nose, or touching surfaces in a public place.

September and October were busy months. Among other sessions, we had a delicious cooking demonstration by chef Chris Roberts, an intense discussion of what it means to be positive in prison with the Council on Crime & Justice, and smoking cessation talks from the American Lung Association. Because our usual meeting space has turned into Santa's workshop for the holidays, we will get to visit some favorite restaurants in November! The Health & Wellness Program will hit the road for a few weeks and meet at a variety of different locations. No matter what part of town you're in, there should be something relatively close by. We will not be holding any educational events in December, but watch for full programming again in January 2012!



Greg Marita, Deputy Director of the Legal Aid Society of Minneapolis, giving a presentation on "Wills and Probate" on October 12



UPCOMING EVENTS

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

Wednesday, November 9

"End of the Year Evaluation: What Do You Need and Want from our Health Education Program?"

Hanna Dorn, Health & Wellness Coordinator

6 – 7:30 pm, **All God's Children Church**

(on 21, 53, 5, & 11 bus lines)

3100 Park Avenue S, Minneapolis, MN 55407

Dinner from Rudolph's Barbecue and \$5 giftcard provided

Wednesday, November 16

"Understanding Your HIV Lab Results"

Jean Willis, Gilead Sciences

6 – 7:30 pm, **Trattoria da Vinci Restaurant**

(downtown St. Paul on the 21 & 53 bus lines,

4 blocks from 3, 16, & 50 bus lines)

400 Sibley Street, St. Paul, MN 55101

Dinner provided



Monday, November 28

"Building Your Team"

[How to be a better advocate for your health needs]

Ericka Jones, Bristol-Myers Squibb

6 – 7:30 pm, **Chiang Mai Thai**

(back alley of Calhoun Square, on the 21 and 6 bus lines)

3001 Hennepin Avenue S, Minneapolis, MN 55408

Dinner provided

Wednesday, November 30

"Understanding HIV-Related Excess Abdominal Fat & Treatment"

Medical representative from EMD Serono (maker of Egrifta)

6 – 7:30 pm, **Elsie's Restaurant** (in NE Mpls on the 11 bus line)

729 Marshall Street NE, Minneapolis, MN 55413

Dinner provided

If you have a topic to suggest, let me know! I welcome new ideas.



Hanna Dorn

Health & Wellness Program Coordinator

hanna@aliveness.org

(612) 822-7946, ext. 213



photo credit: blog.charlesgaterealty.com

Holiday Basket Kick-Off Party

Wilde Roast Café

65 Main Street SE

Minneapolis, MN 55414

(at Riverplace in NE Minneapolis)

Tues. Nov. 22nd, 4:30 – 7:30 PM

Ugly Sweater contest.

Donate new gloves, mittens or a hat and get a free drink.

Adopt a holiday basket and receive a 2 for 1 offer from Wilde Roast Café.
(Good for January through February 2012).

Donate \$100 or more and receive a \$20 gift card to Wilde Roast Café!
(Limited to first 25)

FOOD SHELF NEWS

On October 10, The Aliveness Project's food shelf was the recipient of a gift of one full pallet of food (2,600 pounds) and a \$500.00 check from Roundy's Foundation/Rainbow Foods.

Each year, Roundy's Foundation donates food and cash to several lucky food shelves across the country, thereby doing their part to help end hunger in America. We should all learn by their example and do our part too. We commend Roundy's Foundation/Rainbow Foods for the help they provide to The Aliveness Project's food shelf.

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

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

In September, The Aliveness Project held a food drive at The Wedge Community Co-op in South Minneapolis. We collected 1,590 pounds of food and \$854.00 in cash donations. It was an excellent food drive. I want to thank all the members, shoppers of The Wedge Community Co-op, and all the fantastic volunteers. Some of the volunteers stood in the cold and rain to help our food drive. KUDOS to all of you!!

The holidays are coming, the holidays are coming!

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

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

1. Donate non-perishable food items and toiletries (we've been without deodorant for over 2 months).
2. Host a food drive at work, at school or at your faith community (for more information, visit www.aliveness.org and click on food shelf to get assistance on holding a food drive).
3. Host a holiday party and ask your guests to bring canned goods, toiletries or cash rather than another plate of holiday cookies.
4. Send a check to
The Aliveness Project
730 E 38th Street
Minneapolis, MN 55407

I can stretch a dollar very far when I purchase at emergency food banks (every dollar you donate will buy \$9 worth of food).

If you need any help please call me at **612-822-7946 Ext: 205**. Whatever holiday you celebrate, please have a wonderful and a safe one. I wish you all a wonderful 2012.

Dan Capelli
Food Shelf Director



VOLUNTEER NEWS

Here we are, in full swing of Holiday Baskets! Boxes have all been painted and transformed into baskets, stockings and quilts are being stitched, and presents and gift cards are being gathered. Before we know it cookies will be baked! And now, you can start shopping for your adopted basket(s). Yippee! Have you signed up to do these great activities yet? Look for the form in the newsletter or its equivalent on our website www.aliveness.org. Do you know that ADOPTION is our greatest need?



The more baskets that are adopted the more fun the adopter volunteers have (and it makes it much easier in our already crowded building)! To adopt, you simply tell us your budget and we send you the wishlist(s) for the corresponding number of people. We suggest you spend about \$35 per person. Why not get some friends together and make it a group activity?

THANKSGIVING VOLUNTEERING

Want to volunteer as a family for Thanksgiving? The best way you can help The Aliveness Project is either sign up to join us



for the Walk to End Hunger by joining Team Aliveness, or make a pledge to an existing member of Team Aliveness. The Walk to End Hunger takes place at the Mall of America on the morning of Thanksgiving,

Thursday, November 24. As you'll see elsewhere in this newsletter, there will be entertainment, children's activities, and other information about ending hunger in Minnesota. Are you going to be out of town that morning? One volunteer from Duluth is not able to walk at the Mall of America that morning, but she has decided her family will take a purposeful walk in her own town while pledging a member of Team Aliveness. What a great idea! If you designate your contribution towards Team Aliveness, all of the proceeds return to The Aliveness Project.

Thanks for an incredible 2011, volunteers. As always, we couldn't exist without your help.

Thank you!
Monica Travis
Director of
Volunteer Services



RED RIBBON RIDE NEWS

In October, Theresa Fetsch, Red Ribbon Ride Executive Director, delivered a check for \$25,000 to The Aliveness Project, one of the benefitting agencies for this ride. Joe Larson happily accepted the check on behalf of The Aliveness Project. Team Aliveness 2011; be proud of what you accomplished this year! If anyone is interested in participating in the Red Ribbon Ride next year, please check out their website for more information: www.redribbonride.org.



ALIVENESS PROJECT WISH LIST

Here are some items we would appreciate as an in-kind donation:

- Gift cards to any store for Holiday Baskets
- Toys and gifts for teenagers
- Colored and white office paper
- Winter holiday wrapping paper



COMING SOON

In 2012, we will be offering the opportunity for our newsletter recipients to receive The Aliveline online, instead of via snail mail. Keep checking our website and future editions of The Aliveline for the launch date of our e-newsletter.



NEW STAFF BIOS



Scot Aufenthie

I've been a member at The Aliveness Project since 2002, although I left the Twin Cities and lived in Rochester, Minnesota for some time.

I'm glad to be back in Minneapolis. Not only is there a lot more to do in the Twin Cities, but the HIV community is big and active here. It was practically non-existent in the more rural Minnesota area that I just came from. Now I'm back and working part time here as a kitchen assistant, and I'm excited to be a part of The Aliveness Project.

Krystal Rampalli

Hey Everyone! My name is Krystal Rampalli and I'm currently working with the Prevention Program at The Aliveness Project. I am originally from the Chicago suburbs, but have lived here for the last 2 years. I attended the University of Illinois (Go Illini!) where I studied cell biology which I used to get a job at a biotechnology company in Rockford, Illinois for a few years. I decided that hard science was not my calling and that I liked people a lot more, so I moved to the Twin Cities in 2009 to attend the Master of Public Health program at the University of Minnesota. I've interned at The Aliveness Project since May, and those of you who have talked to me before also know that this summer/fall I have been working at the City of St. Louis Park, where I have done health inspections for all sorts of businesses, including restaurants, grocery stores, swimming pools, massage/tanning salons, dog kennels, and hotels, to name a few.

In the little spare time I actually have I love to travel, cook, roller blade, ride my bike, read books, play board games, sing karaoke, eat chocolate, hang out with my friends and family, and watch hockey. I also really enjoy go-karting and paintballing, but those are expensive hobbies which are not done too often. An interesting fact about me is that I once tried out for Jeopardy and Wheel of Fortune when they came to visit in Chicago's Navy Pier about six years ago (before all the tests were online) - didn't make it on either show - but the tryouts were a really neat experience. I am also easily amused and tend to laugh a lot and use the word "awkward" often.



Jimmy (JT) Thompson

Jimmy (JT) Thompson recently moved to Minneapolis from Boston, MA. He brings an enthusiasm and a good amount of HIV experience to The Aliveness Project as the new HIV Prevention Educator.

JT was a sitting member of the Ryan White Boston EMA (Eastern Massachusetts) HIV Planning Council, as well as an HIV outreach worker with the Multi-Cultural AIDS Coalition. He was also an HIV Peer Navigator with the Fenway Health Institute. Not only has JT joined our staff, but he is a member of The Aliveness Project's Membership Advisory Council (MAC) and was recently voted in as a member of the Community Voice Committee (CVC) here in Minnesota.

Otis Reeves

Hi. My name is Otis Reeves and I have been a longtime volunteer at The Aliveness Project. You may have seen me working at a food drive at The Wedge in Minneapolis, or helping out in The Aliveness Project's kitchen, among other things.

Now, you will see a lot more of me. I am happy to be one of The Aliveness Project's newest employees. I am now working as a kitchen assistant. I have always loved The Aliveness Project, what they do for folks living with HIV/AIDS, and the wonderful people here. I look forward to seeing you in the dining room sometime soon!



THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts
between August 12th 2011 and October 14th, 2011

ORGANIZATIONS

Alexandra House
AMVETS
Apres Party
and Tent Rental
Atons of Minneapolis
Best and Flanagan
Blossoms and Bees, LLC
Bob & Carl's Auto Body
Charles Levin Architects
Christ English
Lutheran Church
Eat for Equity Inc.
Free Geek Twin Cities
Fruits of the City
Grand Hotel Minneapolis --
A Kimpton Hotel
Harvest Moon
Backyard Farmers
HealthPartners
Hennepin Theatre Trust --
Access Ticket Program
Inver Grove Heights
Animal Hospital
Lake Harriet Veterinary
Lucky Productions
M.A.C. AIDS Fund
The Medtronic Foundation
Meyers Printing
Minnesota Storm Patrol
Omni-Fusion Media
Productions
Papa's Restaurant & Deli
Park Nicollet Foundation
Park Square Theatre
Patrick's Cabaret
Powder River Real
Estate, Inc
Roundy's Foundation, Inc.
Smitten Kitten
Southside Farm Store
Worldwide Outreach
for Christ

INDIVIDUALS

Steve & Annette Alderson
Loretta Aljoe
Annikka Anderberg Wilson
David Anderson
Kathy Andrews
Jeanine Backman
Michael Bahr
Scott Belcher
Matthew Benson
Shayna Berkowitz &
Phyllis Wiener
Amel Biscevic
Russell Blondin
Kevin Boedigheimer *
Kerry & Debra Boese
Steve Brinduse
Tiffany Calderon
Daniel Capelli
James Carroll
Daniel Cashman
Andrew Champagne
Bonnie Condit
John Curtin
Marc Dal Bianco
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Mike Debelak &
Janet Conn
Sher Demeter
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The Family of Jim Harvey
Tom Helwig
Rory & Trina Hokens
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Linda Jones
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Marguerite Kelly
Thomas Kelly
James Kemp
Randy & Mary Klauk
Jeanne Klein
Lawrence Koch
Edward Kulik
W. Minster Kunkel
John LaBarre
Donna Larson
Joe Larson &
Charlie Jordan *
Joanne Lieske
Brien Link
David Lozinski
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Dirk Meuleners
Marilyn Miller
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Michael Norman
Michael Oian *
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Rob Rodgers
Kristin Orson Jones
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Mark & Cossette
Parriott *
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Rudd Rayfield
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Scott Reynolds
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Emma Stadtfeld
William Sternberg
Don Stuewe
John Sullivan
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Tim Tormoen
Tony Tuchscher &
James Klahr
Kathy Vader *
Marinus VanPutten
Carol Veldman Rudie
John & Annette Wahl
Carol Waldoch
Shelby Webb
Gail Wong
Peter Zakrabscheck

*** Denotes Friends of
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quarterly donations to
The Aliveness Project.**

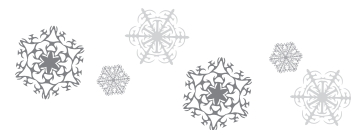


Show your support for restaurants that have supported The Aliveness Project. Give gift cards from these Dining Out For Life restaurants to your loved ones during the *holidays!*

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- Mtk
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
Roat Osha
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
Toast Wine Bar & Café
Tooties On Lowry
Trattoria da Vinci
Tum Rup Thai
Va Bene Berarducci's Caffé, Duluth
Victor's 1959 Café
Vina Restaurant
W.A. Frost
Wilde Roast Café
Yum! Kitchen and Bakery



HOLIDAY HOURS

- **Thanksgiving:**
Our office will be closed from Thursday, November 24 through Sunday, November 27. Our Thanksgiving Meal will be served from noon to 2:00 pm on Wednesday, November 23.
- **Christmas:**
Our office will be closed from Saturday, December 24 through Monday, December 26.
- **New Year's Day:**
Our office will be closed from Saturday, December 31 through Monday, January 2.

HOLIDAY BASKET PICK-UP & DELIVERY TIMES:

Hanukkah Baskets
(Pick-up and Delivery):
Friday, December 16
9:00 AM - 1:00 PM

Holiday Basket
Pick-up Schedule:
Wednesday & Thursday,
December 21 & 22
Noon - 7:00 PM

Deliveries:
Friday, December 23
9:00 AM - 1:00 PM



Adoption is our
greatest need!

Share the Spirit of the Season!



Founded in 1985, The Aliveness Project is a local nonprofit organization that offers a variety of supportive services for individuals living with HIV/AIDS. Since 1988, our Holiday Basket Program has provided thousands of gift baskets to men, women and children affected by HIV/AIDS throughout Minnesota.

Each holiday season, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, baking cookies, sewing holiday stockings and delivering baskets.

You can help share the spirit of the season by adopting a basket, making a donation, or volunteering with our Holiday Basket Program.

Holiday Basket Program Donor & Volunteer Form

*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):

Organization:

Address:

City, State, Zip:

Telephone (H):

(W):

Telephone (Cell):

E-mail:

ADOPT

☐ I want to adopt (& buy gifts for) a Holiday Basket for: ☐ Individual ☐ Couple ☐ Family ☐ No preference

To determine how many people you could adopt (buy and wrap 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 about making an in-kind donation of _____

We need in-kind donations of new clothing, toys (for children & teenagers), gloves, stocking caps, kitchen supplies quilts, hygiene items, CDs, DVDs, candy, nonperishable food, stuffed animals, sporting equipment, gift certificates, 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 (us) about volunteering to help with:

☐ Leadership role! (5-15 hrs/week) ☐ Sewing holiday stockings ☐ Decorating boxes (Sept., Oct.)

☐ Special events! ☐ Sewing quilts / afghans / throws ☐ Baking Cookies

☐ Driving errands ☐ Wrapping presents ☐ Soliciting in-kind donations

☐ Organizing a drive for new clothing, toys, gift cards or other gifts

☐ Helping with on-site basket pick up days on: December 21 or 22 (circle date[s] available)

☐ Delivering 1-2 Hanukkah Baskets on Friday, Dec. 16 (limited number -- requires a vehicle)

☐ Delivering 1-2 Christmas Baskets on Friday, Dec. 23 between 9:00 am - 1:00 pm (requires a vehicle)

- Preferred Zip Code or City for Deliveries: _____

- Type & Size of Vehicle: _____

* Leadership roles vary to suit interests & needs. Special events assistance involves staffing booths at concerts, parties, etc.

Notes: _____

**IF YOU CAN HELP,
PLEASE SEND
THIS FORM TO:**

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

TEL: 612-824-LIFE (5433)

FAX: 612-822-9668

E-mail: events@aliveness.org

www.aliveness.org

November/December 2011

730 East 38th Street
Minneapolis, MN 55407

CHANGE SERVICE REQUESTED

Nonprofit Org.
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Twin Cities MN
Permit No. 3134

Holiday Baskets

12 WAYS OF GIVING



1. ADOPT A FAMILY

2. ASSEMBLE BASKETS

3. LIGHT CANDLES OF HOPE

4. WRAP PRESENTS

5. HAVE A HOLIDAY FOOD DRIVE

6. DELIVER BASKETS

7. PREPARE A MEAL 8. DONATE FOOD 9. SEW STOCKINGS

10. BAKE COOKIES

11. DONATE MONEY

12. RUN A GIFT DRIVE