

# the Aliveness

Serving Our HIV/AIDS Community Since 1985 Sept/Oct 2013 Vol. 24, Issue 5

## RED RIBBON RIDE

We had another great Ride in July. This year, riders and crew raised \$350,000 to support eight local HIV/AIDS service organizations, including The Aliveness Project! Special thanks to all the riders and crew — especially our Team Aliveness members — for participating. Next year's Ride will have a new route southwest of the Twin Cities. Check out pictures on page 4!



## OUR NEW HOME ON NICOLLET

We are in the final phase of our capital campaign, which has raised about \$1.9 million. We just received news that the Edwards Memorial Trust has committed a challenge grant of \$100,000! Your gift to the campaign will be matched dollar-for-dollar (see page 11). Please contact me or Tim Marburger if you have questions about the campaign.



Construction is progressing well on our new home at 3808 Nicollet. It's been so exciting to see the walls going up for our new program spaces, therapy rooms and offices! Construction is projected to be completed by the end of October, so we hope to move in late October or early November.

We are inviting people to attend hard hat tours during the next couple months to get a preview of the building, including September 10 and 12 at 6:00 p.m. (RSVP to [events@aliveness.org](mailto:events@aliveness.org)). Check our website or Facebook page for additional future tours.

## WALK TO END HUNGER

The Walk To End Hunger at the Mall of America is taking place again this year on Thanksgiving Day morning—Thursday, November 28. You and your family can help raise funds and walk for our Food Shelf and Meal Program—all funds designated to The Aliveness Project will be donated directly to us. For more information, see page 6 or visit [aliveness.org](http://aliveness.org). It's a great opportunity to create a new holiday tradition to give back before giving thanks!

## HOLIDAY BASKET PROGRAM

This will be the 26th year of our Holiday Basket Program for individuals and families affected by HIV/AIDS. In 2012 our volunteers delivered 692 baskets, with gifts for 1,017 adults and 408 children. Applications for recipients will be mailed out in October.

This annual "miracle" could not happen without people like you. We will need donations of new clothing, toys, gift cards, quilts, teen gifts, candy and other items. Last year, 80 percent of our baskets were adopted and we hope to do even better this year! For more information, please see page 5.

Joe Larson - Executive Director



# Nutrition Program Update

## LISA NADEAU, REGISTERED DIETITIAN

Hello! I hope you all enjoyed some fun summer activities and the warm weather. I was lucky enough to spend a week at a cabin near Ely, MN in early August. We really enjoyed nearby Bear Head Lake State Park with its pristine lakes, adventurous hikes (with wild blueberries galore), and exciting fishing!

Now, as we settle into fall and the weather cools, many of us start preparing for winter hibernation and forget about physical activity. Fall is great for walks, bike rides, and more. It is also a great time to plan some winter activities to keep you moving. Try something new this winter...maybe snowshoeing, cross country skiing, mall-walking, yoga, or check out some classes at your local gym or community center.

Most farmers markets are still open through mid to late October where you will find plenty of squash, beets, potatoes, carrots, pumpkins, apples, and more. Many items can be frozen and used during winter months.

Finally, I've told many of you about how much I love roasted beets, so I thought I would share another favorite recipe that I hope will you try!

Enjoy the summer,

**Lisa Nadeau, RD, LD**

612-822-7946 x 217 or [lisa@aliveness.org](mailto:lisa@aliveness.org)

Serves 4

Adapted from Taste of Home [www.skinnytaste.com](http://www.skinnytaste.com)

### Roasted Beet Salad with Goat Cheese & Candied Pecans

**INGREDIENTS:**

4 oz Chevre goat cheese log, coarsley crumbled or cut  
 8 cups mixed baby greens  
 4 small to medium red beets, roasted and cut  
 1/3 cup candied pecans (or walnuts; you can also skip the candied part to save some time)

**For the honey balsamic vinaigrette:**

2 tbsp balsamic  
 2 tbsp extra virgin olive oil  
 1 tbsp honey

**For the candied pecans:**

1/3 cup pecan halves  
 2 teaspoons lightly beaten egg white  
 1 teaspoon pure maple syrup  
 1 teaspoon vegetable oil

**DIRECTIONS:**

- Preheat oven to 350 degrees. Toast pecans on a rimmed baking sheet, shaking pan occasionally, until fragrant, 3 to 4 minutes.
- Whisk together egg white, syrup, oil, and salt in a small bowl. Add pecans; toss to coat. Toast on sheet, stirring occasionally, 8 minutes. Set aside to let cool.
- Now, preheat oven to 425 degrees
- Wrap well-scrubbed and trimmed beets in 2-3 packets of foil.
- Place on a baking sheet; bake until beets are slightly soft to the touch, 45 minutes to 1 hour depending on their size. Cool beets in packets, then rub off skins (use a paring knife for tough spots).
- Make vinaigrette by whisking olive oil, balsamic and honey until smooth. In a large bowl toss greens with vinaigrette and mix well.
- Evenly divide greens between four bowls. Top each bowl with one beet, 1 oz. goat cheese and pecans. Serve immediately.



# 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.

# VOLUNTEER THERAPIST SPOTLIGHT

Hi. I am Colleen Gegen, the clinical supervisor of the acupuncture interns from Northwestern Health Sciences University. You can find me and my students at The Aliveness Project every Wednesday.

I received my acupuncture training in Santa Cruz, California. I have been practicing acupuncture in Minnesota for the past 12 years. Most of my work has been in the realm of public and community health which is what I enjoy most.

I live in south Minneapolis with my partner of 20 years and our pug Frankie. In my free time you will find me road riding or mountain biking. I am passionate about nature and love to go to the north woods to hike or canoe any chance I can get. Another interest I have is learning about other cultures by visiting other countries.

We would love to have you give acupuncture a try, if you haven't yet. I hope we see you soon!

Colleen Gegen

Colleen Gegen



# VOLUNTEER SPOTLIGHT

Hi. My name is Galen Schroer. I am a retired middle school math and physical education teacher (31 years). I grew up in Coon Rapids, but taught in Wisconsin until moving back to Minnesota six years ago. Being the eldest of eleven children, I learned early to work with people.

I now substitute teach and volunteer at schools during the school year, when I'm not traveling to see my four children, three grandchildren, siblings and friends across the country.

Four years ago in November, I saw a flyer about The Aliveness Project. I immediately knew it was something that I wanted to do. The very next day I called and spoke with Monica. Within a week I was wrapping gifts, stocking holiday baskets and working in the food shelf. My life with The Aliveness Project had begun! Volunteerism has always been a part of my life. While in Wisconsin, I had worked with the Special Olympics.

I have been blessed in more ways than I can count working with the staff and members at The Aliveness Project. Their personalities and talents are amazing and have enriched my life. I look forward to my Mondays in the food shelf and will continue to volunteer as long as I am able, wanted and needed.

Blessings to all!

Galen

Galen Schroer



# MEMBERSHIP SPOTLIGHT

First of all, I would like to thank everyone at The Aliveness Project -- Thanks for keeping me healthy! I cannot begin to tell people how the food shelf and all the other services at The Aliveness Project have kept my partner and me healthy for so many years. The food shelf is such a big part of the system they have created for just that: keeping people healthy!

If you really put the services to work in the way they were meant to work, you can get by very nicely. Let me explain how it works for Pres and me. We use the daily lunches and dinners at The Aliveness Project as much as we can. Then, the food shelf helps out on top of this. We only need to cook meals on Friday nights, Saturday nights, and then three meals on Sundays. With the amount of groceries that we receive each month from the food shelf, this gets us by nicely, with healthy meals to boot!

Just last week I had my mother over for the first time at our new place. I decided to take her to the Saturday brunch at The Aliveness Project. She is still talking about how wonderful this place is for the people that need it the most. For my mother to open up like this in her small town of Princeton, MN, this really says something! She tells how her son (me) and Pres use the services and how the food shelf is such a big part of "keeping my son healthy." I guess the apple did not fall far from the tree.

Again, I would like to thank everyone at The Aliveness Project and the staff in the Food Shelf Program.

Cornell and Pres

Cornell and Pres





# Thank You Donors

Thanks to everyone who gave financial and in-kind gifts between June 7, 2013 and August 1, 2013

## ORGANIZATIONS

Ameriprise Financial Employee Giving Campaign  
Archer Daniels Midland Company,  
Corporate Accounting Matching Gifts  
Boca Chica Restaurant & Lounge  
Brookside Bar & Grill  
Bruegger's Bagels - Richfield  
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Citizen Café  
Colossal Café  
Cupcake  
Falafel King  
First Christian Church  
First Tech Computer  
Greater Minneapolis Council of Churches - FoodShare  
Hazel's Northeast  
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Holladay Properties  
Hugh J. Andersen Foundation  
The Imperial Court of Minnesota  
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# The Red Ribbon Ride THE 11TH ANNUAL



The 2013 Red Ribbon Ride started out at the crack of dawn at the Mall of America on July 18. After getting gear and bikes settled and sorted out, a large gathering of cyclists, crew, volunteers and well-wishers gathered inside the mall. The day was going to be a scorcher. The short route would be an impressive 85 miles long. Hard core riders had the option of pedaling through a full century ride (100 miles). After a short, but heartfelt opening ceremony, the riders and crew of the 11th annual Red Ribbon Ride were on their way to Lake City. Once they arrived after a full, hot day on the road, many riders mobbed Lake City's Dairy Queen for one final time (the route changes to southwest Minnesota next year). Other riders opted to cool off with a swim in Lake Pepin at the campground where the riders and crew made camp on Night 1.

Day 2 of the ride can be described in three H's – Hot, Hard, and Hills! Need I say more? Everyone was happy to make camp in Rochester that day!

On Day 3, everyone got to say good-bye to a good friend – a friend that Red Ribbon Riders have not seen in a few years due to past road construction. Who is this friend? Why, the Last Big Hill. It's a long, steep and grueling mini-mountain (at least it seems that way when you're pedaling) that you encounter toward the end of the route on Day 3. You'd swear by looking at it that it would suck the life out of you. But, just the opposite is true. Crew, volunteers and other riders stand at the top of the hill and cheer riders up, up, up! It is invigorating -- even if you're not Greg LaMond. Some hardy Red Ribbon Riders roll back down the hill and accompany other riders – encouraging them all the way up to the top. Then they roll back down and do it again. It was hard for everyone to say good-bye to this special hill, although I'm sure they'll find a suitable substitute next year on the new route.

The final day of the ride started out in Northfield. This would be the shortest day of the ride. Many of our riders were held up for a bit at pit stop 1, because of some cold rain, but soon, everyone was on their way to the Capitol in St Paul. The riders were cheered along the streets of St Paul as they rode triumphantly into their final stop. After a beautiful closing ceremony, surrounded by family and friends, everyone went home for some much deserved rest.

What an experience it was for riders, crew and volunteers. We don't yet know how much money was raised for the 8 benefitting agencies, but we know that we all did a good and worthy thing for people living with HIV/AIDS. Will you join us next year? You will never regret doing such a good thing.



For more information about the Red Ribbon Ride, go to the website at: [www.redribbonride.org](http://www.redribbonride.org).

## In Living Memory

Scott E.  
Gary J.  
David W.

Departed this life  
6/16/2013  
7/14/2013  
1/9/2013

26th 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:

☐ Leadership role! \* (5-15 hours/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, food or other gifts

☐ Delivering 1-2 Hanukkah Baskets on Tuesday Nov. 26 (limited number — requires a vehicle)

☐ Delivering 1-2 Christmas Baskets (requires a vehicle) on: Tuesday, 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:



# Walk to End Hunger



## MARK YOUR CALENDAR!

**THANKSGIVING  
MORNING  
THURSDAY NOV. 28, 2013**

## MALL OF AMERICA

## VOLUNTEER GROUPS NEEDED!

Volunteer groups are needed to help paint Holiday Baskets (actually, cardboard boxes). Do you have a church group, student group, girl/boy scout troop, employee group, car club, or a bunch of good friends looking for something worthwhile to do? If so, we can use your help!

Every year, we give our members (and their families) holiday baskets filled with gifts and goodies. Groups of young people (and those not-so-young) decorate the boxes that we put these gifts into. Will you help us with decorating the boxes this year? We prefer that the boxes be painted --first, with a background application of paint (usually house paint that we can provide you with), then, with a colorful painted holiday or winter design. You can either pick up the boxes and painting supplies from us, or we can deliver them to you. We would like to have all of our artists lined up by mid-September (we'll need the finished 'baskets' returned to us by early November).

This is a fun project for both kids and adults. If you are interested, please contact

**Stephanie Shaw**, Office Manager - The Aliveness Project.

Phone: 612-822-7946 ext. 215. Email: [stephanie@aliveness.org](mailto:stephanie@aliveness.org)

The Aliveness Project will again be part of the Walk to End Hunger scheduled for November 28 (Thanksgiving morning)

**REGISTRATION 7 – 9:30 am**

**WALK 7:30 – 10 am**

Again this year, we will have our own team – \*Team Aliveness\*.

**When registering or donating be sure to designate The Aliveness Project or Team Aliveness.**

We would like to have a HUGE team so sign up at

**[www.walktoendhunger.org](http://www.walktoendhunger.org)**

Sign up today!



## ♡ Good-bye Walter ♡

I am leaving The Aliveness Project after 5 years to pursue my Masters in clinical social work at the University of Minnesota Duluth. It's a year-long program that involves 9 months of coursework and a 3-month internship. My kittens and I are running north to survive a winter in Duluth, and then we'll be running back to the Twin Cities in no time.

It's been 5 years since I walked in like a deer in the headlights as a social work intern to The Aliveness Project. In those 5 years I have seen people in very difficult circumstances overcome immense challenges. I have seen people grow and learn in ways unimaginable. The neat thing about being a social worker is that it's never a one-sided relationship. I too have grown so much in 5 years, and I have you all to thank for that. The Aliveness Project has been a formative part of my social work career, and I will take it with me wherever I go. And yes, I know I'll have to dress differently in my next job, but thanks for letting me use the cafeteria as my own personal runway.

This newsletter article would be nothing without a shout out to Johnny. She took me in, taught me everything she knew, was a proxy mom, and remains a dear friend. It is rare to find such a nurturing soul like her who genuinely cares for the well-being of perfect strangers. Hold on to that one, she's a gem.

A sincere heartfelt thank you to everyone. I cherished my time at Aliveness and promise to not be a stranger. Expect me soon, but don't hold your breath around the holiday season. I'm leaving those baskets for the professionals.

Walter Gies



# Pride Festival



Hundreds of people came by The Aliveness Project's booth on Saturday and Sunday of the Pride Festival. Our booth held the ever popular "Spin the Wheel" which gave the chance to win a prize. What a fun time we all had that weekend! Thanks for stopping by our booth.

Again this year at the Festival was a Bingo tent benefitting both The Aliveness Project and All God's Children Church. Thanks to Scott and Jen for heading up this endeavor to add more excitement to Pride.

## Pride Fundraiser AT UNION RESTAURANT

Check out the pictures from our very fun event at UNION Restaurant, hosted by Lavender Magazine. It was another successful year as over 400 people enjoyed the rooftop viewing of the Pride Parade down Hennepin Avenue to Loring Park.

People lined up early to stake out a spot to view the parade. Thanks to Lavender Magazine for including us again in this annual fundraiser!



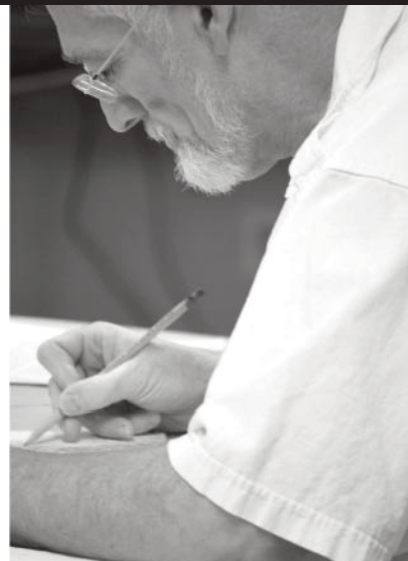


# THE ALIVENESS PROJECT Health & Wellness Program

Free health workshops for HIV+ people!

## September - October 2013 Events

PLEASE CALL THE FRONT DESK AT (612) 822-7946 TO RSVP FOR ALL WORKSHOPS!



Local artist Mark Davison visited in July for the Disability Mural Project with VSA Arts. Photos courtesy of Char Diamond Coal.

### **"METH: WORLD'S MOST DANGEROUS DRUG" Documentary Film (2006)**

**Saturday, September 7, 11:30 - 12:30 pm, The Aliveness Project Lobby**

*Bring your brunch tray up to enjoy during the film if you like*

Crystal, ice, glass, tina, crank: all names for methamphetamine, possibly the most cheap, powerful, and highly addictive drug in history. National Geographic correspondent Lisa Ling tracks the impact of meth in the US and globally. Warning: this film contains graphic content.

### **"BEAUTY TIPS TO LET YOUR INNER DIVA SHINE"**

**September Date To Be Announced, 5:30 - 6:30 pm**

**The Aliveness Project Conference Room**

*Have dinner before or after if you like, \$5 Target giftcard if this is your first workshop*

Haven't got a clue how to pick the right foundation or apply eyeliner? Are you in a rut doing the same make-up routine day in and day out? **Brooke Phommassouvanh**, make-up artist at Shiseido Cosmetics, will show us how to get a boost of confidence by looking gorgeous and fresh. Please bring your own make-up to the session; divas of all genders are welcome.

### **"HIV JEOPARDY"**

**Tuesday, September 17, 2 - 3 pm, The Aliveness Project Conference Room**

*Have lunch downstairs before if you like*

Join us to test your knowledge of HIV/AIDS! Trivia questions will range from basic to challenging. We'll be playing in teams and winners will receive a \$5 Target giftcard.

### **"HIV AND OTHER STIs"**

**Thursday, September 26, 12 - 1:30 pm, Republic Seven Corners**

**(221 Cedar Ave S, West Bank at U of M)**

*On #3, 7, 16, 22 bus lines, metered street parking or pay parking at Seven Corners ramp*

*Lunch provided in private room during presentation*

Sexually transmitted infections (STIs) are very common – more than half of Americans will get one in their lifetime. But, left untreated, they can cause serious health problems and make your HIV up to 10 times more infectious. **Jean Willis** from Gilead Sciences (an HIV drug company) will discuss why it's critical to practice safer sex and get tested and treated for STIs.

### **"FOOD AND MOOD DURING RECOVERY: HOW YOUR DIET AFFECTS HOW YOU FEEL"**

**Thursday, October 3, 12:30 - 1:30 pm**

**The Aliveness Project Conference Room**

*Have lunch downstairs before or after if you like, \$5 Target giftcard if this is your first workshop*

You are what you eat. Maybe not literally, but you do feel what you eat, especially during a vulnerable time like recovery from chemical dependency. Research suggests that certain foods affect mood, for better or worse. Aliveness Project dietitian **Lisa Nadeau** will show you how to stabilize your mood and decrease irritability and anxiety through eating well.

### **"UNDERSTANDING LAB RESULTS"**

**Thursday, October 10, 5 - 6:30 pm, The Aliveness Project Conference Room**

*Pizza from Di Noko's provided during presentation, \$5 Target giftcard if this is your first workshop*

Does it seem like someone is always taking your blood for one test or another? **Marcus Wilson** from Janssen Therapeutics will help us decipher what all those numbers really mean. If possible, bring a print-out of your lab results from the doctor's office or MyChart to follow along.

### **"AGING WITH HIV"**

**Wednesday, October 16, 5 - 6:30 pm, The Aliveness Project Conference Room**

*Pizza from Pizza Lucé provided during presentation, \$5 Target giftcard if this is your first workshop*

Not long ago, it would have seemed unthinkable; HIV is becoming a disease of the middle-aged. Within the next few years, more than half of Minnesotans with HIV will be over the age of 50. What are the consequences of long term exposure to HIV and HIV meds? How do they interact with the effects of aging? Guest speaker **Juan Carlos Riascos** from AbbVie (an HIV drug company) authored a memoir about his family's experience with HIV/AIDS.

### **"TELLING OTHERS ABOUT YOUR PERSONAL HEALTH ISSUES"**

**Tuesday, October 29, 12 - 1:30 pm, Republic Seven Corners**

**(221 Cedar Ave S, West Bank at U of M)**

*On #3, 7, 16, 22 bus lines, metered street parking or pay parking at Seven Corners ramp*

*Lunch provided in private room during presentation*

To whom, when, why, and under what circumstances should you disclose your HIV status? You have a right to privacy and don't have to tell everyone, but when you're ready to share, it pays to think carefully about how to break the news. **Jean Willis** from Gilead Sciences (an HIV drug company) will lead us in considering issues like partner notification and emotional, legal, and healthcare-related concerns.

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

## SIGN UP FOR OUR E-NEWSLETTER

Just fill out the online sign up form via our website: [www.aliveness.org](http://www.aliveness.org). Hit the button near the top of the home page of our website that says, "Sign up for our eNewsletter". After you click on this button fill out the required information on the form. Required information includes your name, phone number, email address and mailing address.





# Volunteer Update

The Aliveness Project's 28 years of success are attributable to one special group of people: our volunteers. One sunny day this late summer we asked several volunteers why they volunteer with us, or if they would like to share one of their favorite things about volunteering at The Aliveness Project. Here is what they told us:

Peggy H. is someone who will always has our members' best interests close to her heart. She volunteers to honor her friend Marc. She loves working with the kitchen crew and having conversations with guests.



*Ron C.*

Massage Therapist, is recognizable by his trademark rainbow shoe laces and stole. "I started volunteering because I wanted to give back to the community. Now I'm hooked," he claims. His favorite thing about Aliveness is "the people; I have made friendships that will last a lifetime."



*Gilbert C.*

Has just begun volunteering this week in the kitchen. He loves meeting new people and learning how to give back.



*Jeff K.*

Earnestly helps with administrative tasks. He jokes "I volunteer for purely selfish reasons. It makes me feel good knowing I am helping others." He appreciates the staff members and that we genuinely value our volunteers' work.



*Maria Pilar N.  
& Esteban M.*

Are a couple known by their huge smiles and volunteer work done together such as the MN Red Ribbon Ride or assisting with the newsletter. They agree volunteering is great because they feel appreciated and also share lunch (including cookies!) and conversation with members. Maria feels it is a way to contribute for all the services she receives and Esteban likes to give without anticipation of anything in return.

Our entire Aliveness Project community is proud of our volunteers and grateful, indeed, for their work. Whether you are a Dining Out for Life Ambassador, Holiday Basket deliverer, kitchen helper, serve on a committee or any of our other many tasks, we thank you for all that you do!

Certainly there are always a great many tasks to be done. As this newsletter arrives on your doorstep we will plan to be painting the walls in our new building, 3808 Nicollet. Want to join us? If you or your group is interested please to contact Monica or Stephanie ASAP. Don't forget about the Walk to End Hunger on Thanksgiving day morning. You may join Team Aliveness directly or have your team designate their funds to us. Holiday Baskets is also upon us. Do join us so you can learn why it is my favorite time of year! Please see the sign up form on page 5 so that you may paint baskets, bake, shop, deliver etc. Note we anticipate moving in to our new building during Holiday Basket time so check our website and social media to see where we're located. Also, please be sure you are following us on Facebook and Twitter to learn of our latest and greatest needs.

**Monica Travis** - Director of Volunteer Services

## Food Shelf News

The next food drive will be held Saturday and Sunday, September 21 & 22. It will be held at The Wedge Community Co-op on Lyndale and Franklin in Minneapolis. The last food drive brought in 1,242 pounds of food and \$475.00 in cash donations. For each \$1 we raise in donations, we can purchase \$10 of food, so this allows us to provide a large amount of food for our members living with HIV/AIDS. We always have a lot of fun on these food drives so if you want to help call Dan at 612-822-7946 ext. 205.

We are really looking forward to our new building at 3808 Nicollet! The food shelf in our new building will be larger than what we have now! We will be switching to a choice model. What that means is that members will be able to pick out their own food from our shelves. I am hoping to find 2 or 3 shopping carts to make it easier to move around the food shelf and pick out items. We will also soon have a refrigerator and a freezer so members will be able to take fresh produce, frozen meats, and other fresh/frozen goodies. This is completely new to our food shelf. It might take a while to get up and running at full capacity, but we will try our best to get it working as soon as possible.

If you are still recycling your tall handle paper bags, we are getting low, so it would be great if you "go-green" by bringing them here so we can use them in our food shelf. Paper is expensive and we pay 14 cents per bag. Additionally, we double-bag each food shelf bag that our members take home with them. If you figure that we normally have 17 or more appointments per day, you can see that this can really add up at the end of the year. Keep those bags coming! See you in September!

**Dan Capelli** - Food Shelf Director

## A Big Thank You!

The Membership Advisory Committee would like to thank all our patrons and guest callers for Bingo in the Park at this summer's Twin Cities Pride celebration. With your support we had a successful year. Thank you to Mother Pearl, Anastasia Chapelle Rodgers, Destinee, Ryan Brown, Mr. Minneapolis Eagle Leather and Miles Hamlin.

# Peer to Peer & OUTREACH PROGRAMS

The Peer to Peer Program and the Outreach Program provide services to individuals who are aware of their HIV status and those who are unaware. The services provided by these programs include HIV testing and referrals to primary medical care, substance abuse treatment services, medical case management and social services.

Our staff has been successful in finding these individuals and connecting them to the appropriate services. The following case illustrates one of our success stories.

An Aliveness Project member told one of our Outreach staff about a friend who was HIV-positive who was visiting from another state. This Outreach person asked the member if it would be possible to meet with this friend to let him know about The Aliveness Project and what we do. Luckily, they were able to meet with each other the following week.

During this meeting, the visiting individual told our staff member that he was only here for a short visit and would be going back home in a few days. Our staff member still took the time to explain the many programs that The Aliveness Project offers to HIV-positive individuals, and how he could be helped if he changed his mind and decided to stay in Minnesota. They exchanged contact information and went their separate ways.

However, three weeks later this staff member got a phone call from the same individual telling him that he was running out of HIV meds and did not know what to do. The Outreach worker made arrangements to meet with him again and offer assistance. During the meeting this visitor asked our staff member if he could help him to settle in Minnesota and assist him in connecting to HIV services in the area. Our Outreach worker was successful in helping him connect with a case manager and with an HIV clinic near him, which was no small feat, considering he had moved to a suburb. He decided to become a member of The Aliveness Project and offered a "big thanks to you guys."

For those of you who have any HIV-positive friends who are visiting our area and are considering moving here, please feel free to refer them to us. We are well informed and happy to help anyone navigate the system of HIV services in Minnesota. Call us at 612-822-7946 and ask for a Peer to Peer or Outreach staff member. Thank you,

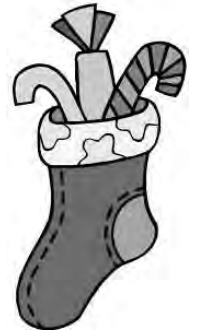
**Tom Bichanga**- Director of Prevention and Outreach Services

## 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

- ☐ A Button Maker
- ☐ Avery 5162 labels
- ☐ White copy/printer paper
- ☐ Volunteer groups and individuals to paint holiday basket boxes with winter and holiday designs/themes
- ☐ Team Aliveness walkers to participate in the Walk to End Hunger (Thanksgiving Thursday, November 28 at the MOA)
- ☐ 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.)
- ☐ Hundreds of good folks to adopt holiday baskets
- ☐ Small electronic **anything** for teenagers (we NEVER have enough gifts for teens)
- ☐ Family or young adult games
- ☐ Books, dvds, cds for teens & adults
- ☐ Gift certificates from just about anywhere (especially grocery stores and big box discount stores)
- ☐ Two or three shopping carts to use in our food shelf (not 'borrowed' from a neighborhood grocer, please).



## A SAFE place

Wellness Group and Entertainment Hub

Starting September 13, 2013  
We'll meet every 2nd Friday of the month  
from 10:00 – 11:30 AM

730 East 38th Street, Minneapolis, MN 55407  
(in the conference room)

If you have any questions  
call Teresa (612-860-7892) or Marti (612-423-2730).

Be positive in your thinking and be the best you can be.



## Double your impact TODAY!

The Edwards Memorial Trust has generously committed a **\$100,000 Challenge Grant** toward our \$2.5 million Capital Campaign goal. **Your gift today will be matched up to \$100,000!**

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 1,700 individuals living with HIV/AIDS each year—twice as many as we did 13 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

#### GIFT RECOGNITION

- |                                   |   |
|-----------------------------------|---|
| <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                          |

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.**



**Sept/Oct 2013**

730 East 38th Street  
Minneapolis, MN 55407

CHANGE SERVICE REQUESTED

 **SAVE A TREE!**  
**SIGN UP**  
**ONLINE**  
**www.aliveness.org**  
**FOR OUR E-NEWSLETTER**

Nonprofit Org.  
U.S. Postage  
**PAID**  
Twin Cities MN  
Permit No. 3134

## Thanksgiving Morning • NOVEMBER 28, 2013

**WALK  
TO END  
HUNGER**



PRESENTED BY



### **MALL OF AMERICA**

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

**November 28**

**(Thanksgiving morning)**

with registration from

7:00 - 9:30 am

The walk will be from

7:30 - 10:00 am

We would like to have

**HUGE** team so sign up at  
**www.walktoendhunger.org**

Sign up today!

See page 6 for more information

**www.walktoendhunger.org**