

The Aliveline

Serving Our HIV/AIDS Community Since 1985 Jan/Feb/Mar Vol. 26, Issue 1

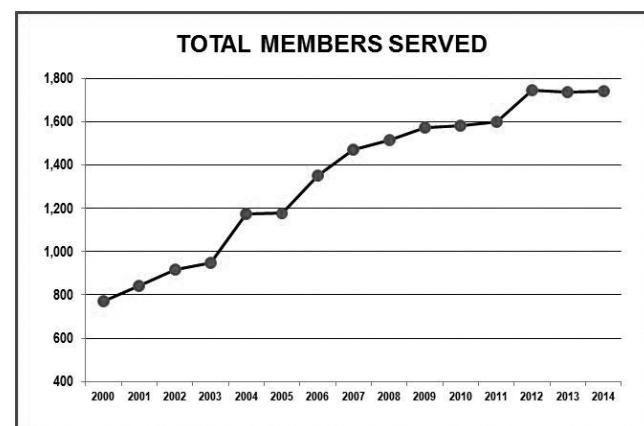
2014 PROGRAM ACCOMPLISHMENTS

Last year, The Aliveness Project served a total of 1,742 individuals living with HIV/AIDS, which is more than twice as many as served in 2000. Many of our programs experienced growth last year. Here is a summary of program achievements, including:

- 32,900 hot meals served in our dining room
- 139,232 pounds of nonperishable food shelf groceries, produce and hygiene items—a 45% increase over the previous year
- 3,203 sessions of acupuncture, massage and other treatments that reduce pain and alleviate symptoms related to HIV/AIDS
- 123 clients receiving case management services to help them access medical care, health insurance, financial assistance, housing and other resources
- 569 nutritional counseling sessions to help members to make healthy food choices and deal with dietary issues related to HIV, diabetes, high cholesterol and other conditions
- 205 HIV tests for at-risk individuals offered at our facility, homeless shelters and other community sites
- 1,736 outreach encounters to individuals at risk for HIV infection and those living with HIV/AIDS who are not currently receiving medical care
- 30 health and wellness workshops on a variety of topics
- 216 new members (clients) were added in 2014

All of this was possible because of people like you who made donations, participated in fundraising events, and volunteered with specific programs here at The Aliveness Project. Thanks for your continued support of our work!

Joe Larson - Executive Director



MIRACLE ON 38TH STREET

We are grateful to everyone who was involved with our Holiday Basket Program in December. With your help, we distributed 686 baskets with gifts for 1,018 adults and 433 children. Our HIV+ members and their families tell us how much this program means to them. Here are some thank you notes from this year's recipients:

"I would like to take a moment and thank you for making my holiday season so much brighter. Your program and people are so amazing! Each and every one of you are angels. Our community is blessed to have you and The Aliveness Project."

"Thank you for your great generosity. It was more than I could have imagined. The winter coat is perfect and it keeping me warm and protected from the cold winter winds. My sweet tooth also thanks you for the cookies and my ultimate weakness--chocolate."

"This Christmas we received more than we had expected. We could not have been blessed more than having others with kind and giving hearts adopt our family and make this Christmas spectacular! I only wish you could have seen the kids' faces light up with joy from the gifts they received. I am very grateful knowing that the generosity of complete strangers in the spirit of Christmas still exists."

"Whoever put together my box seemed to know exactly what I needed—new gloves, a warm cap, a dress shirt in my favorite blue! A thousand thanks for your kindness!"





Nutrition Program Update

Greetings and Happy New Year! I hope that all of you are staying warm this winter. I thought I would share a few ideas from our members on how to stay active during a cold Minnesota winter: walk the hallways in your apartment building or at mall, check to see if your health insurance offers a discount to a health club and take advantage of it, find indoor community centers with yoga or fitness classes, or try swimming or water exercises at a local pool. Staying active and eating well can go a long way toward keeping you happy and healthy this winter.

Feel free to contact me with questions or concerns or to set up a nutrition counseling appointment at 612-822-7946 x217 or lisa@aliveness.org

Enjoy and be well. **LISA NADEAU, RDN, LD**

Hearty Tuscan Bean Soup



INGREDIENTS: Serves: About 6 servings (tastes great for leftovers)

2 tablespoons extra virgin olive oil
1 medium yellow onion, diced
2 medium carrots, diced
2 stalks celery, diced
1 medium zucchini, diced
4 cloves garlic, pressed
¼ teaspoon red pepper flakes (optional)
¼ teaspoon dried thyme
½ teaspoon dried rosemary
4 cups vegetable (or chicken) broth
2 (14 ounce) cans cannellini beans, drained and rinsed (or Great Northern Beans)
1 (14 ounce) can no-salt-added diced tomatoes with juices
3 cups chopped kale, ribs (center stem portion) removed
(you can also find pre-washed & chopped kale to save time)
1 teaspoon freshly ground black pepper
1 tablespoon white sugar
1 tablespoon white wine vinegar (optional)
Add cooked chicken, ham, smoked sausage, etc. if desired

DIRECTIONS:

- Heat 2 Tbsp of olive oil in a 6 qt or larger heavy bottom pot over med-high heat. Add onions, carrots, celery, and zucchini. Sauté for 4 minutes.
- Add garlic, red pepper flakes, thyme and rosemary. Cook 30 seconds.
- Stir in the broth, beans, and tomatoes. Bring to a boil, and then turn the heat to low and add the chopped kale. Cover and simmer for 15 minutes.
- Use an immersion blender to partially puree the soup, leaving some chunks of beans and vegetables for texture. You may also puree a portion of the soup in a regular blender or use a masher to puree some of the beans to create a creamier texture.
- Add pepper, sugar, and vinegar. Taste and adjust seasonings as needed.
- Serve topped with Parmesan cheese.

Nutrition Facts, Per Serving: Calories 235, Total Fat 5 g (Sat Fat 1 g, Monounsaturated Fat 3 g, Polyunsaturated Fat 1 g, Trans Fat 0 g), Sodium 690 mg, Potassium 779 mg, Total Carbohydrate 37 g, Dietary Fiber 7 g, Sugars 10 g , Protein 11 g

Adapted from The Wanderlust Kitchen at: <http://thewanderlustkitchen.com/easy-tuscan-bean-soup/>

Hearty Tuscan Bean Soup



**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 April. You can help us save printing costs by signing up for the **e-newsletter on our website at www.aliveness.org.**

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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.

THURSDAY APRIL 30, 2015

Dining Out for Life

Big thanks to all of our 2014 Dining Out for Life Restaurants

Please support our Dining Out for Life restaurants by dining & buying your gift cards there!

3 Squares Restaurant	Carmelo's Ristorante	Great Waters Brewing Company	Maverick's Wood Grill	Papa John's - Nicollet Ave Mpls	Roat Osha
The 5-8 Club - Mpls	Chatterbox Pub - 35th St. Mpls	The Happy Gnome	May Day Café	Papa John's - W 50th St Mpls	Rustica Bakery
The 5-8 Grill and Bar - Champlin	Chatterbox Pub - France Ave. Mpls	Hard Times Café	McCoy's Public House	Papa John's - Mtka	Rusty Taco - Maple Grove
5-8 Tavern and Grill - Maplewood	Chatterbox Pub - St Paul	The Harriet Brasserie	Midori's Floating World Café	Papa John's - Plymouth	Rusty Taco - Northeast
Amazing Grace Bakery & Café - Duluth	Chiang Mai Thai	HauteDish	Milton's Vittles - Vino - Beer	Papa John's - Richfield	Rusty Taco - St Paul
Acqua Restaurant - White Bear Lake	Chin Dian Café	Hazel's Northeast	moto-l	Papa John's - Robbinsdale	Saffron Restaurant & Lounge
al Vento	Citizen Café	The Herkimer Pub and Brewery	Muffuletta	Papa John's - Roseville	The Saloon
American Burger Bar	Colossal Café - Mpls	Higland Café & Bakery	Namaste Café	Papa John's - Savage	Salut Bar Americain - St Paul
Angelina's Kitchen	Colossal Café - St Paul	Highland Grill	New Scenic Café - Duluth	Papa John's - St Louis Park	The Sample Room
Angelo's Italian Restaurant	Corner Table	Himalayan Restaurant	Ngon Vietnamese Bistro	Papa John's - Lexington Pkwy St Paul	Sapor Café/Bar
At Saro's Table/Chester Creek Café - Duluth	Craftsman Restaurant	Honey & Mackie's	Nico's Tacos & Tequila Bar	Papa John's - Robert St. St Paul	Sawatdee & Zushiya of Maple Grove
B.A.N.K.	Cuppa Java	Hot Plate	Nightingale	Papa John's - Suburban Ave. St Paul	Sawatdee - St Paul
Bambú	Curran's Restaurant	Icehouse	Nonna Rosa's Ristorante Italiano	Papa John's - Woodbury	Sawatdee Thai Restaurant - Mpls
Barbette	Dakota	It's Greek to Me	Northbound Smokehouse & Brewpub	Park Tavern	Sen Yai Sen Lek
Bennett's Chop and Railhouse	eagleBOLTbar	J.D. Hoyt's	Northern Waters Smokehaus - Duluth	Pat's Tap	Séñior Wong Bar & Restaurant
Be'wiched Deli	Eden Avenue Grill	Jakeeno's Pizza & Pasta	Old Village Hall Restaurant - Lanesboro	Piccolo	Signature Café
Black Dog Café	Edina Grill	Jitters Coffee House - Duluth	Pagoda	Pizza Lucé - Duluth	Smack Shack
Black Forest Inn	Egg and I - Mpls	joans in the park	Papa John's - Apple Valley	Pizza Lucé - Downtown Mpls	Social House
Black Sheep Pizza - Mpls	El Burrito Mercado	Kafe 421	Papa John's - 87th Ln NE Blaine	Pizza Luce - Hopkins	Sparks
Black Sheep Pizza - St Paul	El Burrito Mercado Midtown Global Market	Khyber Pass Café	Papa John's - Central Ave NE Blaine	Pizza Luce - Richfield	Spoonriver
Blackbird Café	Elli's East Food & Cocktails	Kramarczuk Sausage Co. Inc.	Papa John's - Bloomington	Pizza Luce - Seward/University	Stanley's NE Bar Room
Boca Chica Restaurant	Elsie's Restaurant	Kyatchi	Papa John's - Brooklyn Park	Pizza Luce - St. Paul	Tooties On Lowry
Borough	Ernie's Pub & Grille	La Belle Vie	Papa John's - Burnsville	Pizza Lucé - Uptown	Trattoria da Vinci
Brookside Bar & Grill	Erte & The Peacock Lounge	La Fresca	Papa John's - Chanhassen	Pizza Nea	Trotter's Café
Bruegger's Prairie Village	Faces Mears Park	La Grolla	Papa John's - Chaska	Pizzeria Lola	Tum Rup Thai
Bruegger's Westwind Plaza	Falafel King	Longfellow Grill	Papa John's - Columbia Hts	Pompeii Pizzeria	UNION Rooftop
Bryant Lake Bowl	Finnish Bistro	Loring Kitchen & Bar	Papa John's - Coon Rapids	The Pourhouse	Va Bene Berarducci's Caffe - Duluth
Bukhara Indian Bistro	Fireroast Café	The Lowbow	Papa John's - Cliff Rd Eagan	Pub 500 - Mankato	Victor's 1959 Café
The Bulldog Downtown	First Course	The Lowry	Papa John's - Promenade Ave. Eagan	Q fanatic BBQ	W.A. Frost and Company
The Bulldog Lowertown	Foxy Falafel	Lucia's Restaurant and Wine Bar	Papa John's - Eden Prairie	The Rabbit Hole/The Left Handed Cook	Wilde Roast Cafe
The Bulldog Uptown	The Freehouse	Luna Rossa Trattoria & Wine Bar	Papa John's - Golden Valley	Rail Station Bar & Grill	Wise Acre Eatery
Buona Sera Ristorante and Wine Bar	Galactic Pizza	LUSH	Papa John's - Inver Grove Hts	Rainbow Chinese Restaurant	Yum! Kitchen & Bakery
The Butcher Block Restaurant	George and the Dragon	Lyon's Pub	Papa John's - Maple Grove	Red Stag Supperclub	Zen Box Izakaya
Butter Bakery Cafe	Gigi's Café	Manny's Tortas	Papa John's - Maplewood	Republi at Seven Corners	
The Buttered Tin	Ginger Hop Restaurant	Marianne's Kitchen	Papa John's - 2226 Hennepin Ave. Mpls	Republic Calhoun Square	
Café Ena	Gold Nugget Tavern and Grille	Market Bar-B-Que	Papa John's - Washington Ave SE Mpls	Rinata	
Cafe Maude	Grand Café	Mason's Restaurant Barre	Papa John's - 333 Hennepin Ave E Mpls	Rincon 38	



**RESTAURANTS,
SIGN UP
ONLINE**

Our Restaurant Agreement form can be found on our website.

www.aliveness.org/2015DOL

New Employee Bio

Roosevelt is a big persona packed in a 5 foot frame. He originally hails from the Connecticut/New York City area, but made his way to Minneapolis by way of Austin, Texas.

Roosevelt's passion has always been in community involvement and outreach. "I was always that kid in school that was bringing everybody together and getting involved." Back in Connecticut, he was assisting with the Triangle Community Center putting on events to raise funds for their local LGBT community. "I love being involved and creating memorable experiences for people. People will always remember how you made them feel, and that is what I try to share with everybody I come in contact with. I make you laugh, I make you dance...but most importantly I make you feel."

Growing up in the 80's, he was no stranger to the initial face of AIDS and the fear around it. So much so, that he has always carried a great compassion for life and those affected by HIV/AIDS. "While we have made great progress in the fight against AIDS, the battle is not won. Knowledge is power and I try and spread the message of prevention, protection and compassion where ever I go. Be informed and empowered about the choices we make."

Roosevelt moved to Austin in 2011 where he served as Entertainment Chair for The Octopus Club, a grass roots organizations raising emergency funds for those living with HIV/AIDS through AIDS Services of Austin. He has also served as Vendor Chair on the Austin PRIDE Festival committee in 2012 and 2013, helped to co-produce the inaugural Austin PRIDE 'Werk' Fashion Show featuring designers from 'Project Runway'--the first of its kind in Austin, TX. And he was also a featured shoe designer in their 2014 show for his creative pieces he produces under Roosevelt Couture.

Roosevelt is a firm believer in "Be the change you want to see." Roosevelt's life partner's career brought them to Minneapolis in 2014 and Roosevelt was quick to dive into action. He was hired as the Fundraising Assistant for the Aliveness Project in November of 2014 and is currently working with Tim Marburger. Roosevelt is looking forward to seeing what he can bring to Minneapolis through his passion for life and in being of service to our local LGBTQ community.



WISH LIST



Volunteers to recruit DOL Ambassadors

New DOL restaurants

Black Marks-a-Lot markers

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

Avery Name Tag Holders, Lanyard style
(Plastic, Laser/Inkjet, 3" x 4")

Rubber bands (assorted sizes)

Over-the-ear headphones for our Computer Library

2500 ballpoint pens (blue or black) for DOL

Hats, Gloves, Wrapping paper, and other winter clearance items for the 2015 Holiday Basket Program

Food Shelf News

Happy New Year!

Now that that's out of the way I want to give you the dates for our 2015 food and fund drives at the Wedge Community Co-op at Lyndale and Franklin in Minneapolis.

March 21 – 22; June 13 – 14; September 19 – 20 and November 21 – 22

Please write these dates on your calendar if you want to help out. We always have fun on the food and fund drives so come join us!

March is Minnesota FoodShare Month. You can help us out by holding a food and fund drive at your church,

your work, your school, or anywhere else you can think of. Then just bring the donations to us. I have a few small boxes or one large barrel if you think you can fill that up.



By the way, if you recycle your tall handle grocery bags why not recycle them in our food shelf? It helps us save money so we can spend more on the food that our members count on receiving.



Dan Capelli - Food Shelf Director



Volunteer Update

Warm tropical greetings to you, volunteers! I know it is chilly outside, but I am aiming to focus on my "happy place" which today includes palm trees and an ocean breeze and definitely no wind chill. However, in case my visualization does not work out, do know the place to check for our open status is our facebook page and the KARE 11 closure listings. Meanwhile, it is cozy inside The Aliveness Project, likely generated from the kindness of all that our volunteers do. (Sappy? Yes, but true!) Thank you, volunteers!

Here is a warm welcome to our new Fundraising Assistant, Roosevelt Cevallos. He brings eager gusto and his eye for organization to our fundraising and volunteer programs. We look forward to his enthusiastic help as we ramp up for our biggest fundraiser of the year: Dining Out for Life.

There is a lot on our plate this season as we lead up to **Dining Out for Life on Thursday, April 30, 2015**. Did you know this astounding event raises a fifth of our operating budget? The event cannot be a success without your help. By the time you see this there may still be an opportunity to recruit your favorite restaurant. We always like to expand our list of great restaurant partners -- especially outside of the heart of the metro area. If you have some in mind, please be in touch with us ASAP as we go to print in early February. However, it is having a friendly & known diner/patron who can help us "seal the deal." After that our focus shifts to various promotion activities, recruiting and training our Ambassadors! Please work extra hard this year to sign up several friends whether they can work one or more meals -- we are in need of their help. Please see the attached sign up on page 9 or www.aliveness.org/ambassador or check for your favorite place on www.diningoutforlife.com.

Does the cold weather have you dreaming about riding your bike? We would like your dream to include the Minnesota Red Ribbon Ride the third week of July. Team Aliveness has often been one of the ride's largest agency teams so we'd love your help to grow the event even further. No one has to ride all three hundred miles, but folks frequently surprise themselves with how much they can accomplish. And if your bike is a Harley, well, then they want you for the volunteer crew. There is a place for everyone! www.redribbonride.org

As mentioned in our wish list, we will be very much in need of warm men's hats/gloves/mittens and long-sleeved shirts for both men and women for next year's holiday baskets. As those items go on clearance, please consider picking some up for us (perhaps from your local neighborhood place)? If you don't want to store them, we'll happily take them now. (They must be new.)

Once again, thanks for your heartfelt and amazing work. I'm so proud of our incredible Holiday Basket program. Please be sure to look at the attached photo collage but then, please amble on over to that Ambassador sign-up. I promise it will be warmer by April 30!

Monica Travis - Director of Volunteer Services



Thank You Donors

Thanks to everyone who gave financial and in-kind gifts between September 12, 2014 and January 9, 2015

ORGANIZATIONS

AFS High School National Honor Society
Aerus Mortgage
Alexandra House
Allianz Encore MAD Volunteer Project
Allianz Life Insurance Company of North America
Ameriprise Financial Employee Giving Campaign
Annie Fink Designs
Apres Party & Tent Rental
Beckman Coulter Applications Technical Support
Bethel Lutheran Church
The Black Guard of Minneapolis
Boston Scientific Foundation, Corporate Citizenship
Calvary Lutheran Church, Golden Valley
Campiello
Casting Spells Productions
The Chair Salon
The Charlson Foundation
Choice Loyalty, LLC
CIGNA
Communications Workers of America, Local 7250, AFL
The Cowles Center for Dance & Performance Arts
Dakota Jazz Club & Restaurant
De LaSalle High School
Electric Fetus
Elk River Lutheran Church Youth Group
Ernst & Young LLP
Express Scripts Foundation
First Christian Church
First Equity Mortgage
Emergency Food Shelf Network
Francis J. Olson Rev. Trust
Friendly Hills Middle School
Frush Family Foundation
Gorilla Yogs
Hands On Twin Cities
Harvest Mood Edible Landscapes
Hennepin Avenue United Methodist Church
MAHAD Fund of HRK Foundation
Illusion Theater
The Imperial Court of Minnesota
Integrated Healthcare Strategies
The Jack L. Peterson & Vanessa McCoy-Peterson Foundation
Jakeeno's Pizza & Pasta
John Doll Studios
The John Mondai Foundation
Judson Memorial Baptist Church
The Jungle Theater
Korn/Ferry International
Land O'Lakes, Inc
Laughing Waters Friends
Lucky Ladies Social Club
Lutheran Church of Christ the Redeemer
Lyn-Lake Barber Shop
M•A•C AIDS Fund
Massage Retreat & Spa
Medtronic YourCause, LLC, Trustee for Medtronic Foundation
Melan Enterprises, LLC.
Minneapolis Foundation
Minneapolis Jaycees
Minneapolis South Rotary Club
Minnesota AIDS Project
Minnesota Department of Health - STD/HIV Division
Minnesota Leather Pride
Minnesota Red Ribbon Ride
Heights Theatre
Minnesota United FC
Minnesota Visiting Nurses Association
Moore Family Foundation
New Spirit United Church of Christ
Nielsen - PRIDE, Employee Resource Group
OffiCenters
Outfront Minnesota
Park House
Perry Ingli Fine Art
PRIDE Institute
Prime Timers - Minneapolis/St. Paul Chapter
The Richard M. Schulze Family Foundation
Richfield Public School, Student Council
Ruth L. Thatcher Resources, LLC
The Saloon
Shop HQ
Smittens Kitten
Spill The Wine
St. Alphonsus Catholic Church of Brooklyn Center, MN
St. Joan of Arc Catholic Church
Strong Towns
Sysco Minnesota
Tanglewood Gardens
Thrivent Financial
TRUST Youth Group
Two Bettys Green Cleaning Company
US Bank
Victor's 1959 Café

Von Fass Twin Cities
Waldoch Farm
Walgreens
The Wedge Community Co-op
Wells Fargo Home Mortgage Lien
Release Department
Whole Foods Market
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Michael J. Abbott
Sharon Abelson
George Abrahams
Mariah Ackerman
Vicky Adams
Heidi Adelsman
Sandi Agustin
Mary E. Albing & Jane Lien
Edward Alch & Patrick Pryor
Stacey Aldrich & Phyllis Russell
David Allen
John Allen & Dustin Marcellus
John & Glenn Allen
Jacques Allou
Kari Anderson Slade
Alyssa A. Anderson
Brian Anderson
Christine M. Anderson
Dale J. Anderson
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Looreena L. Anderson
J. & G. Angrist
Anonymous
Anonymous
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Nan & Steele Arundel
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Charlotte Hanley-Jacobson
Brennan A. Hannan & Scott Stimson
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Steven & Laura Hanson
Eric Lee Happel
Derek Harley
Megan J. Harrington
Gretchen Harris
Jane Harris
Susan R. Harris
Kari Harrison
Daniel Hawkins
Laura Hecimovich & Lorna Santema
Bob & Kathy Hedstrom
Martha Hedstrom
PJ Heidelberg
Julie Heise
Nicole M. Helland
Laurie J. Helling
Dan S. Hendrickson
Charles Hendrix
Kori Hennessy
Mark Henning
Dr. Keith Henry & Carol Nelson
Kelly Henry
Johnny Herda-Anzaldo
David Hill & Sal Avelar
Karen R. Hill
Lynn Marie Hill
David Hillert
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Cindy Jacobson
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Mitch Jacques
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Suzanne P. Jebe
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Pauli Jensen Friedmann
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Thomas J. Kelly II & Ellis Ampy
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Paul Lee
Sally Leighninger
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Susan Lewis
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Walter Newman
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Michael Nintemann
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Donna, Peter & Michael Norbeck
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Anne Novak
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Terry O'Brien
Patricia Olsen
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Duane L. Olson
Evelyn R. & Lynn Olson
Dr. Frederick & Sharon Olson
Rich Olson
Richard C. Olson & Rob Rodgers
Terry A. Olson
Betsy Ormodt
Patricia O'Reilly
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Lynn M. Ostrowski
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Raymond J. Ottman & Dan Baseman
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Wade C. Tuomela
JoAnn B. Udem
Ryanne Underhill
Fernando S. Urbina

Kathy Vader *
Paula Vagnone
Marla Vagts
Lawrence G Valley
William (Chris) Christian Van Meter
Jane Van Valkenburg
Barbara I. Van Vreede
Rosemary Velde
Heather Vietz
Les Vikre
Louis L. Vlahos
Brian Voeller
Rev. Gordon Vogt
Denise Volk
Alice Vollmar
Richard J. Voss
Roxanne Votaw
Rebecca Waggoner
Mark Wald
Brent Walden
Kim W. Waldfod
Gregory Wallin
Rexi Warner
Dr. Grace Warren
Erin Warshaw
Margaret Watkins
Dale Watson & Lan Pham
Bridget Watters LaBerge
Joe Watters
Valerie Weaver
Scott Weide
Wayne J. Weinhold
Marvin Welk
David Welper
Thomas I. Wendorf
Greg Wenker
Kara Wentworth
Katherine Werner
Jon Wertjes & Paul Erickson
Will Whelan
David K. Whitney
Andrea Wicewicz

* Denotes Friends of Aliveness
Program donors, who have
pledged monthly or quarterly
donations to The Aliveness Project.

Coming Soon

Volunteers plan to come to The Aliveness Project to provide opportunities to learn more about financial planning including

- Preparing for retirement
- Living in retirement
- Preparing for the unexpected
- Planning your estate
- Planning for college
- Balanced budget
- Basics of investing
- And other topics that might fit your needs



Keep an eye out for flyers around the building and watch our website calendar for further details.

WOMEN'S HEALTH FAIR 2015

BUILDING A STRONGER COMMUNITY
THROUGH HEALTHY WOMEN

Free snacks and door prizes
Opportunity to meet the OBGYN's in your community
Group Q&A session

TOPICS INCLUDE:

- Contraception
- Cervical Cancer Screening
- Menopause
- Domestic Violence
- Health Maintenance (nutrition and weight)
- Incontinence
- STI/ Safe sex practices
- Common Gynecological Complaints

WHEN:

Monday February 9 **OR** Monday March 9

TIME:

4:30 pm – 6:30 pm

WHERE:

The Aliveness Project
3808 Nicollet Avenue
Minneapolis, MN 55409

Presented by University of Minnesota OBGYN
and Women's Health Residency Program



Dining Out for Life

Our 20th anniversary in 2014 was a great success!! We raised over \$257,000 for our programs at The Aliveness Project. That's a lot of hot meals, integrative therapies and case management sessions and food shelf appointments. We're back for our 21st year, with Sven, Rena and Blake returning along with the great support of our many sponsors.

Put the date on your calendar – **THURSDAY, APRIL 30, 2015**. If you have a favorite restaurant, help them register at www.aliveness.org/2015DOL. We'd like you invite you to be an Ambassador! Call me at 612-822-7946, extension 204, and surprise me! We will need over 400 Ambassadors and would like to recruit some new restaurants to add. We'll also need prizes and poster distributors. I have one volunteer working on recruitment, but there is much to be done.

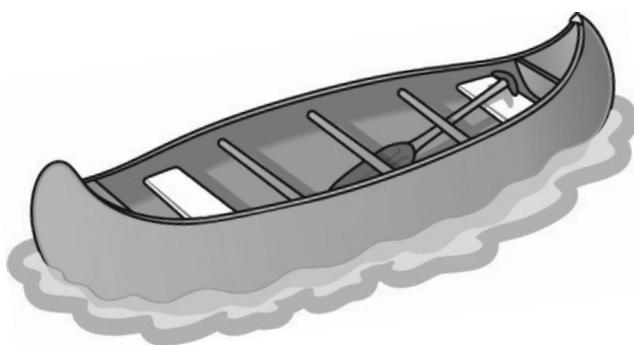
Check out the fun we had last year!

Tim Marburger • Director of Fundraising & Special Events Questions? Contact Tim at 612-822-7946

APRIL 30, 2015



GAMP BENEDICT



Camp Benedict is a one-week, HIV/AIDS educational and recreational camp for families affected by HIV/AIDS held in northern Minnesota. This will be their 21st annual camp and it will take place June 8 -12. They are accepting applications for campers from case managers who can contact them for an application for their clients. Camp is free for campers and their families if they are selected. For more information, visit www.campbenedict.org.



Be an Ambassador for Dining Out for Life!

On **THURSDAY, APRIL 30, 2015** over 200 restaurants across Minnesota will participate in the 21st Annual Dining Out for Life, (DOL) a fundraiser for The Aliveness Project, a community center for Minnesotans living with HIV/AIDS. The restaurants donate a percentage of their sales to support the many services such as the hot meal program, food shelf, integrated therapies, health & wellness, case management & other programs. Over 400 Volunteer Ambassadors help on the day of the event for 1 or more meal times.



What Ambassadors Do:

- Invite family & friends to your restaurant
- Welcome & thank diners
- Answer questions
- Encourage donations
- It is an easy one-time opportunity
- Need not have volunteered before
- Simple 1.5 hour training provided
- Work in pairs, if needed

Application:

Today's Date _____

Provide your info below (**OR FILL IT OUT ON WWW.ALIVENESS.ORG**). PLEASE PRINT.

→ Name(s) _____

Cell Phone # (_____) - _____ Alternate Phone # (_____) - _____ w? h?

Address _____ City _____

State _____ Zip _____ Email _____

Your employer _____ and school name(s) _____
(This info helps us in applying for matching funds or making connections to various networks, please.)

Volunteer for
our 21st year!

→ It is most helpful for us when Ambassadors can work more than one meal.

For **how many** meals can you be an Ambassador? _____

Rank your preferred meals, 1 2 3 Breakfast _____ Lunch _____ Dinner _____

→ Please indicate **top 3 geographic preferences**: (Ex: 1 North/NE Mpls , 2 St. Paul, 3 E. Suburbs)

_____ Downtown Mpls	_____ North/NE Mpls	_____ North Suburbs
_____ Uptown Mpls	_____ Downtown St. Paul	_____ West Suburbs
_____ South/SW Minneapolis	_____ Other St. Paul	_____ South Suburbs
_____ SE Mpls/University	_____ Duluth/Greater MN	_____ East Suburbs

→ Please indicate **top 2 types of locations**:

_____ Casual dining	_____ Fine dining	_____ Family restaurant
_____ Bar/club	_____ Specialty (coffeehouse, dessert)	_____ Goes 'til "late night"

→ Have you been an Ambassador before? Yes No **If so, which year(s)?** _____
At which restaurant(s) have you previously been an Ambassador?

→ Who or what referred you to be an Ambassador? (there's a contest...!) _____

→ Are you **aged 21+?** Yes No

Other notes you'd like us to know?

But wait! There's more!

- Please **FLIP** to the OTHER SIDE -

diningoutforlife.com



Ambassador Buddy

Some restaurants/meal times work best with two Ambassadors. Sharing the experience will make the day more enjoyable and potentially ease the pressure of working a busy restaurant. If you plan to work with an Ambassador Buddy, please provide your Buddy's information.

- My Buddy's info is listed below
- I don't yet have a Buddy, but I'm looking and will let you know that person's info.
- I don't have a Buddy, and I understand I will likely be working on my own.
- The person listed below won't be working with me, but would make a great Ambassador!

→ Buddy's name(s) _____ Their relationship to you _____

Their phone (_____) - _____ Their email _____

Training Times

All Ambassadors (preferably Buddies included) will come to training where they will pick up their materials and learn how to work the event. "Seasoned" Ambassadors (those who have volunteered for 2 of the last 3 years) are eligible for a shorter 'Seasoned Ambassador Pick-Up time' listed below (although they may attend a full session if they so choose.) All trainings will be held at The Aliveness Project, address below. Please attend the earliest training that fits your schedule. Please check your training time:

First or Second year Ambassadors:

-
1. Thurs. March 26, 6:00 PM - 7:30 PM
 2. Wed. April 1, 11:30 AM - 1:00 PM
 3. Fri. April 10, Noon - 1:30 PM
 4. Sat. April 11, 9:00 AM – 11:00 AM
 5. Sat. April 11, 11:30 AM - 1:00 PM



Dine Out, Fight AIDS

"Seasoned" Ambassador Pick-Up Time: (Ambassadored 2 + times in last three years)

Trainings are Open House (stop in during time frame and plan to spend 20 minutes to train & pick up materials)

1. Mon. April 6, 4:30 PM – 6:30 PM PREFERRED
2. Tues. April 14, 6:00 PM – 7:30 PM PREFERRED
3. None of the above fit my schedule, but I could come
 - a. during the day We will contact you.
 - b. early weekday evening

If you cannot make any of these trainings, or to arrange a training for 8 or more at your location, please call Roosevelt (612) 822-7946 ext. 207 to make arrangements. You may also attend a full training time if you prefer.

Other DOL Volunteering

We'd appreciate your help with some other volunteer tasks related to DOL during daytime, and occasional evening and weekend times. Check all that may interest you.



- Visibility Campaign** Attend events, wear aprons and distribute DOL fliers in quick shifts over lunch, evenings, or weekends. Can be one-time or ongoing. Singles, or groups.



- Social Media Outreach** Do you Tweet? Blog? (Or read a lot of food related blogs?) Are you Linked-In? Pinterest? Instagramming? etc. Let's talk.



- Materials Assembly**- Make up the bags, collate materials, bundle stickers, mailings, etc. at The Aliveness Project. Can be one-time or ongoing. Singles, or groups welcome!



- Materials Distribution**- Take materials to area restaurants and other locales in various neighborhoods across Twin Cities, Duluth or Greater Minnesota. One time, or ongoing. Driving or walking routes for singles, or small groups.
- Photography**- Take pictures using your camera or video on the day of DOL. (Note: this often conflicts with being an Ambassador).

Please return this form to Monica Travis at monica@aliveness.org, or send to us at:

The Aliveness Project, 3808 Nicollet Ave S., Minneapolis MN 55409 Fax: (612) 822-9668

Phone (612) 822-7946 www.aliveness.org facebook & twitter "@AlivenessMN" #DOLMN

Peer to Peer

PREVENTION & OUTREACH PROGRAMS

A story

Soon after we moved to our new location in 2013, a man walked in to ask what we do. Upon hearing we serve people living with HIV, he started yelling and making derogatory comments. Our Peer Coordinator, Angelikah, heard the ruckus and went to the lobby. She told him, "Sir, you can either leave or come upstairs and get an education." Surprisingly, the man followed Angelikah to the Prevention Office for a private conversation. He calmed down as she offered some facts about HIV. The man agreed to an HIV test so Angelikah tested him on the spot.

Recently, the same man came back for testing and brought his partner with him. Angelikah tested them both and referred the man for a Rule 25 assessment for chemical dependency. The man is currently in the process of recovery to become a better father for his children. With a lot of patience and dedication, outreach can result in positive outcomes!

The Aliveness Outreach team wants to help you be safe and healthy:

Get tested for HIV at The Aliveness Project and receive a \$5 giftcard!

Refer high-risk people for testing at Aliveness and receive a \$5 giftcard if they test!

Are you HIV+, but haven't been to an HIV medical appointment in over 6 months? Connect to care with our help and get a \$20 giftcard!

Do you know HIV+ people who haven't been to their HIV doctor in over 6 months? Refer them and receive a \$20 giftcard if they see a doctor with our help!

Tom Bichanga

Director of Prevention and Outreach Services

Feel free to contact us 24/7:

Tom Bichanga
Director of Prevention and Outreach Services
Office: 612-822-7946 ext. 214
Cell: 612-839-2414
tom@aliveness.org

Angelikah Overton
Peer Program Coordinator
Office: 612-822-7946 ext. 209
Cell: 612-886-5708
angela@aliveness.org

Hanna Dorn
Outreach Worker
Office: 612-822-7946
Cell: 612-886-5703
hanna@aliveness.org

The MAC

Do you wonder what the Membership Advisory Committee (MAC) is at The Aliveness Project? Are you curious about what members of the MAC do, or who can be a member of the MAC? You're about to find out. Maybe you could be the next addition to the MAC.

If you are a member of The Aliveness Project, you are eligible to become one of the 20 member Membership Advisory Committee. The MAC meets on the fourth Tuesday each month beginning at 6:30 PM. If you are a person who would like to represent the membership with making/changing rules and policies or overseeing that operations are done in their best interests, you would fit in. Plus, you will determine who will become part of the Board of Directors throughout the year, as well as who may join you when filling vacancies on the MAC. Finally, you will be part of who oversees the Lawful Gaming Fund and where the funds may be placed and work the best for The Aliveness Project.

Being a MAC member is far more fulfilling, and even more fun, than my little article makes it seem. If you have more questions, or would like an application to join, you can ask Hanna at the front desk, Scott Schlaffman, Mark Stenvik, or Jeff Sandbeck.



Save the Date

THINK WARM THOUGHTS!

The Aliveness Project's Annual HIV Summer Picnic will be held on Friday, August 14, 2015. Mark your calendar and we will see you there!



Jan/Feb/Mar 2015

3808 Nicollet Avenue
Mpls, MN 55409

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DINING OUT FOR LIFE

MARK YOUR CALENDAR!



SAVE THE DATE now for the 21st annual Dining Out For Life event:

**THURSDAY
April 30
2015**