

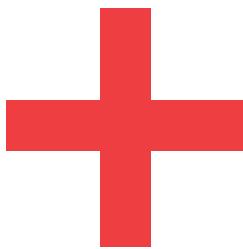
# impact+

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2011 Annual Report

The Aliveness Project



**The mission of The Aliveness Project is to encourage self-empowerment and provide direct services for persons living with HIV/AIDS.**

The Aliveness Project is the center of our HIV community and is committed to providing a critical lifeline for those affected by HIV/AIDS.

Our programs offer invaluable aid to those living with HIV in Minnesota—whether eating a hot meal in our dining room, receiving an acupuncture treatment, picking up food shelf bags, participating in a workshop, getting help from a case manager, bringing a pet for vaccinations or opening gifts from a holiday basket.

This year we hope to wrap up our capital campaign to raise the funds needed to renovate our new building at 3808 Nicollet Avenue. Your support will make this a reality!

We are truly grateful for the assistance we receive from people like you—your time spent volunteering, your participation in our fundraising events and your generous financial gifts throughout the year.

Thank you for your commitment to The Aliveness Project and for helping us make a positive impact in the lives of our HIV-positive members!

Handwritten signatures of Brian LaMere and Joe A. Larson.

Brian LaMere  
Board President

Joe A. Larson  
Executive Director

## 2011 Positive Impact Achievements

**32,300+**

meals served on-site in our dining room

**715+**

holiday gift baskets assembled for members

**100,000+**

pounds of food and hygiene items distributed by our food shelf

**36,000+**

hours contributed by 1,600+ volunteers—the equivalent of 17 full-time staff

**2,050+**

case management visits helped members find employment, housing, medical care and more

**3,050+**

integrative therapy sessions of massage, acupuncture, shiatsu and other body treatments

**1,500,000+**

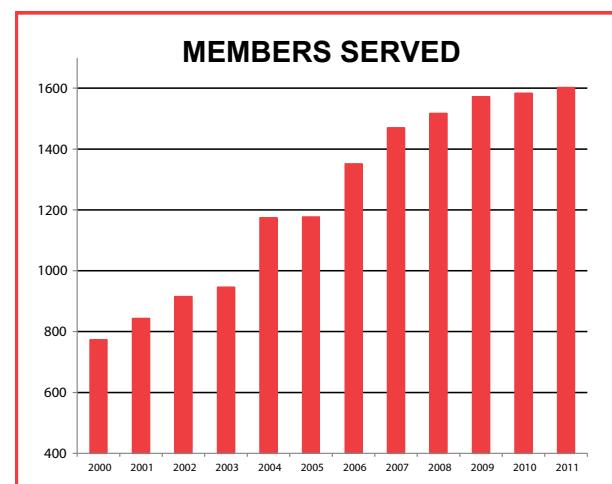
meals provided by The Aliveness Project's meal program and food shelf since 1985

I am Teresa, and I'm positive.

I first came to The Aliveness Project to get help for my husband, who was HIV positive. Their food services were a godsend because I had no food for me and my kids. Everyone at The Aliveness Project was there for me when I really needed them.

Since 1985, The Aliveness Project has served a growing number of individuals living with HIV/AIDS.

Last year 1,602 members used our services—twice as many as in 2000. We serve individuals and families affected by HIV/AIDS throughout Minnesota. The demographics of our program participants mirror those of the state epidemic.



RACE / ETHNICITY:	Aliveness Program Recipients	HIV Cases in Minnesota	GENDER:	Aliveness Program Recipients	HIV Cases in Minnesota
African American	30%	22%	Female	26%	23%
African-born	5%	13%	Male	73%	77%
Asian / Pacific Islander	1%	2%	Transgender	1%	NA
Caucasian	52%	52%			
Hispanic / Latino	6%	8%	AGE:		
Native American	4%	2%	0 - 12 years	0.1%	0.5%
Multi-racial / Other	3%	1%	13 - 19 years	0.6%	0.8%
			20 - 29 years	10%	10%
			30 - 39 years	18%	20%
			40 - 49 years	37%	35%
			50 - 59 years	27%	25%
			60+ years	8%	8%
HIV EXPOSURE:			RESIDENCE:		
Heterosexual	31%	20%	Anoka	3%	5%
Injecting Drug Use (IDU)	5%	6%	Carver	0.4%	0.7%
Men Who Have Sex with Men	49%	51%	Dakota	2%	5%
MSM / IDU	3%	5%	Hennepin	60%	55%
Perinatal	1%	1%	Ramsey	15%	16%
Other	2%	1%	Scott	0.2%	1.1%
Unknown	11%	16%	Washington	1.2%	2.1%
ANNUAL INCOME:			Greater Minnesota	11%	15%
Federal Poverty Level *	72%	NA	Wisconsin	0.5%	NA
101 - 200% of FPL	19%	NA	Other States	3%	NA
201 - 300% ** of FPL	5%	NA			
301+ of FPL	3%	NA			

\* \$10,890 is the 2011 Federal Poverty Level for an individual.

\*\* \$32,670 is 300% of the Federal Poverty Level for an individual.





I am Ricardo, and I'm positive.

When I was diagnosed, my roommate told me about The Aliveness Project. They have made a big impact on me. I used to feel isolated, but now I have people to talk to.

The food is very, very good. The therapies, food shelf and other services really make a difference for me.

## Food Services

**Our On-site Meal Program** is the cornerstone of The Aliveness Project. Many of our HIV+ members live in poverty, so meals help them maintain a balanced diet. Our dining room provides a setting for sharing emotional support and community resources.

Our Meal Program serves lunch six days per week (Monday - Saturday) and dinner Monday through Thursday.

### 2011 Accomplishments

- + 32,337 hot meals
- + 1,049 members served

## impac+

Individuals using our Meal Program report:

- + 86% say: "Regular meals help me take my HIV medications on time."
- + 69% say they feel less isolated when they eat meals in our dining room.

**Our Food Shelf Program** provides additional food support for our members and their families three days per week.

### 2011 Accomplishments

- + 2,508 food shelf appointments
- + 647 households served
- + 100,054 pounds of nonperishable food & hygiene items distributed
- + 66,703 meals provided from food shelf groceries

## impac+

Individuals using food shelf services report:

- + 90% say: "These services help me stretch my financial resources."
- + 88% say: "The food makes a difference in maintaining my health."
- + 78% (of those with a job) say that these services help them to keep working.

I am Jay, and I'm positive.

New to the Twin Cities and newly diagnosed, I was referred by a another member to The Aliveness Project.

The holistic therapies have saved my life. The therapies keep my T-cells in a normal range and help me stay healthy. My case manager goes above and beyond any organization I have known.

## Member Services

**Our Case Management Program** helps members overcome barriers related to housing, medical care, insurance, financial assistance, mental illness and other needs.

2011 Accomplishments

- + 2,059 sessions
- + 122 clients served

**Our Health and Wellness Program** offers educational seminars and individual counseling to help individuals find ways to better manage their health.

2011 Accomplishments

- + 256 participants and 42 workshops

### impac+

Participants report the following changes:

- + 79% made a lot of improvement at taking their medications as directed.
- + 77% did a lot better at keeping their medical appointments.
- + 72% made a lot of changes to maintain sobriety (not using drugs or alcohol).

**Our Integrative Therapy Program** is one of our most unique programs. Professional therapists provide acupuncture, massage, chiropractic treatments, shiatsu and other body treatments. These therapies enhance medical care and help members manage the symptoms of HIV and the side effects of medications.

2011 Accomplishments

- + 3,060 therapy sessions
- + 310 individuals served

### impac+

Individuals receiving therapies report:

- + 98% say their health is stable or getting better.
- + 86% report improvement at managing side effects of medications.
- + 56% say they feel less anxious.
- + 48% say they are doing better at managing stress in their lives.





I am Kristi, and I'm positive.

This is a wonderful place to meet your needs. I am so grateful for this community. I don't know what I would do without it.

Eighteen years ago, there were few women here, but today I can come and sit in the dining room with other women like me and get a lot of support.

## Supportive Services

**Our Holiday Basket Program** provides gift baskets for hundreds of members and their families. Each basket includes clothing, food and other presents.

In 2011, dozens of individuals, faith groups and businesses donated gifts, adopted baskets, sewed stockings, wrapped presents, baked cookies and delivered baskets.

### 2011 Accomplishments

- 716 gift baskets
- 963 adults & 472 children served

**Our HIV Resource Library** has books and magazines with topics related to HIV/AIDS. Our Library also offers internet access to help our members gain access to the latest information and community resources.

### 2011 Accomplishments

- 3,252 computer sessions
- 292 individuals served

**Our Pet Clinics** provide free annual vaccinations by volunteer veterinarians.

### 2011 Accomplishments

- 100 dogs and cats of 36 members treated

**Our Membership Services Program** also offers a variety of other activities. Last year, these included:

- Free access to theatre performances, concerts, sports events, etc.
- Social gatherings, such as our summer picnic and other activities

## impact+

Our members report the following:

- 90% say our services make it possible for them to live independently.
- 69% say they have more contact with other HIV+ people when they use services at The Aliveness Project.

## I am Eduardo and I'm positive.

The Aliveness Project has provided me with a sense of community that was not readily available in the early days of the epidemic. So much has changed since then, however, people like me still need a safe place to be themselves, to heal and to survive.

I owe so much to The Aliveness Project and now serve on the Board of Directors. This is my way of giving back and finding support.

**The first cases of AIDS were reported in the United States in June 1981.**

Since then, more than 1.8 million Americans have been diagnosed with HIV/AIDS, including 619,000 who have died and 1.2 million living with HIV/AIDS today.

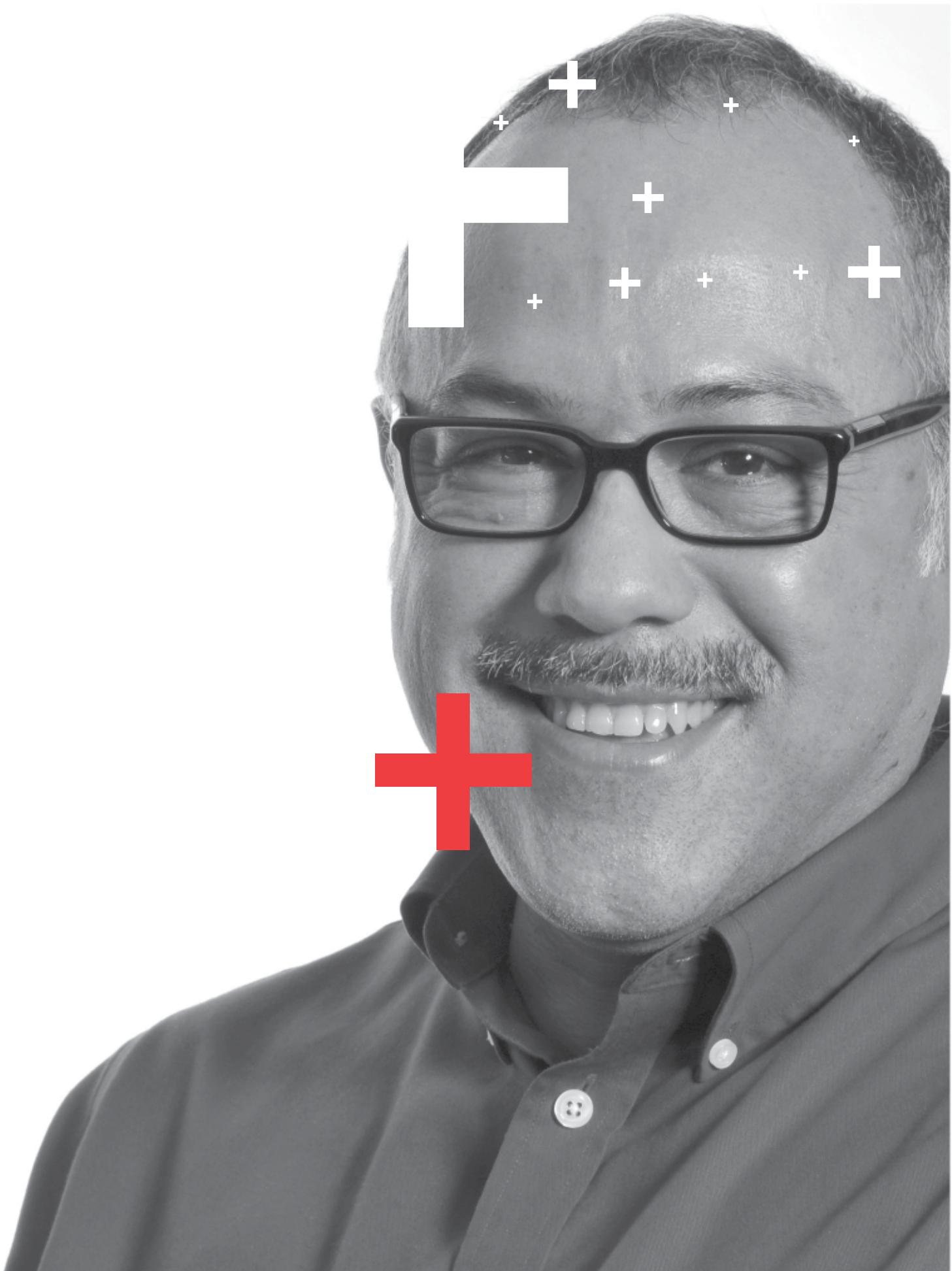
The Centers for Disease Control and Prevention (CDC) estimates that over 50,000 people are newly infected with HIV each year. Based on these numbers, someone is infected with HIV every 10 minutes. One in five do not know that they are HIV positive.

Despite new therapies, people with HIV still develop AIDS. Approximately 17,000 people with AIDS die each year in the United States.

In Minnesota, there were 7,132 individuals identified as living with HIV/AIDS at the end of 2011. This is nearly 3,000 more people than a decade ago. Last year, 292 new cases of HIV/AIDS were reported in Minnesota.

Here are some additional facts about the HIV epidemic in Minnesota:

- HIV disproportionately affects young gay and bisexual men. In 1990, 10 percent of new HIV cases were among youth. In 2011 this increased to 19 percent.
- Since 2000, one-third of new cases have been “late-testers” (defined as testing HIV positive within one year of an AIDS diagnosis). This trend represents the need for both prevention and medical care.
- Since the beginning of the epidemic, males have accounted for the majority of HIV cases. However, the number of female cases has steadily increased over time. In 1990, males accounted for 89% of new HIV cases. In 2011, 25 percent were women.
- During 2011, 23% of new HIV infections were among immigrants, with two-thirds from Africa and one-fifth from Latin America.
- There are more Minnesotans living with HIV than ever before and, as a result, more people need the services offered by The Aliveness Project. Last year, one in four HIV-positive Minnesotans used our services.





I am Deb, and I'm a volunteer.

When I first started volunteering as a massage therapist in 1991, there were few medications and very limited resources.

I remember bringing my own sheets and blankets from home. We did everything we could to reduce the suffering of those affected by this disease.

Today, acupuncture, massage and other therapies still make a difference in reducing the pain of neuropathy and other symptoms of HIV/AIDS.

I look forward to being able to offer even more therapies in our new building.

# Our Volunteers

The Aliveness Project acknowledges and thanks our 2011 volunteers! Please accept our apology if we inadvertently omitted or misspelled your name!

<b>Businesses / Organizations</b>	Hmong Minnesota Student Association	The Saloon Sartell Group
16th Street Block Club	House of Hope	Seward Community Co-Op
3M	Presbyterian Church	Shear Art Hair Studio
Abbott Laboratories	Human Rights Campaign	Shen Men
Accenture Minneapolis	Imagehaus	Shir Tikvah
Achieve! Minneapolis	Imperial Court of Minnesota	Shir Tikvah Social Action
Admission Possible	Inver Grove Heights	Sibley Bike Depot
Advent Lutheran Church	Animal Hospital	Sisters of St. Joseph of Carondelet
Alexandra House	Jewish Family & Children's Services	Smitten Kitten
All God's Children	Joyce United Methodist Church	Snyder Drug
Metropolitan Community Church	Judson Memorial Baptist Church	Southern Cruzers Car Club
Allianz Life Insurance Company of North America	KARE 11	St. Alphonsus Catholic Church
American Family Insurance	KFAI Radio	St. Andrew Catholic Church
AmeriCorps	Kingfield Neighborhood Association	St. Anne's Episcopal Church
Ameriprise Financial	Knights of Leather La Oportunidad	St. Frances Cabrini Catholic Church
Pride Network	Lambda Law Students Association - University of Minnesota	St. James African Methodist Episcopal Church
APICS	Laughing Waters Friends	St. Joan of Arc Catholic Church
Apple Valley Medical Center	Worship Group	St. Joan of Arc Catholic Church - Youth Ministry Peer Leadership
Arts Institutes International of Minnesota - Culinary Students	Lavender Magazine	St. John's Lutheran Church
AT&T	Lerner Publishing	St. Luke Presbyterian Church
Executive Teleference	Levi Strauss & Company	St. Mark Lutheran Church
AT&T League MN	Linden Hills Acupuncture	St. Mary's Episcopal Church
Atoms of Minneapolis Augsburg College	Lofty Gardens	St. Olaf Lutheran Church
Aveda Institute	Lucky Ladies Social Club	St. Paul Mennonite Fellowship
Bachmans	Lululemon	St. Stephen's Catholic Church
Ballet of the Dolls & The Ritz Theater	Lutheran Church of Christ the Redeemer	Stratford Fidelity
Basilica of Saint Mary Best Buy	Lutherans Concerned Twin Cities	Student Global AIDS Campaign
Bethlehem Lutheran Church	Macalester College	Sunrise Cyclery
Black Guard of Minneapolis	Macalester Plymouth	Sunrise Park Middle School - 8th Graders
Blue Cross & Blue Shield of Minnesota	United Church of Christ	SUPERVALU Corporate Headquarters - East View Innovation Center
Blue Cross & Blue Shield of Minnesota - Heart of Blue Council	Mary Kay Cosmetics	TAMS Peer Ed Group
Brahmin Lutheran Church	Mayflower United Church of Christ	Target Corporation
Brave New Workshop Theatre	Meghan Doll Photography	Target Financial Services - TFS Target Volunteer Council
Brownie Girl Scouts	Midtown Community Restorative Justice	Temple of Aaron Congregation
Calvary Lutheran Church - Golden Valley	Midwest Family Equality Council	Ten Thousand Things Theatre
Calvary Lutheran Church - Minneapolis	Mills Fleet Farm	Terrapin Group
Care Minders Home Care	Minneapolis City Council	Thomson Reuters
Cargill	Minneapolis Movie Bears	Thivent Financial for Lutherans Foundation
Central Lutheran Church	Minneapolis Public Schools Science Center	Tres Jolie Salon
Chair Salon	Minneapolis School of Massage and Bodywork, Inc.	TRUST Youth Group
Charles Levin Architects	Minneapolis South Rotary Club	Twin Cities Gay Men's Chorus
Children's Quilt Project	Minnesota AIDS Project	Twin Cities Pride
CIGNA	Minnesota College of Acupuncture and Oriental Medicine	Twin Bettrys Green Cleaning Company
City Looks Salon	Minnesota Department of Health - Infectious Disease, Epidemiology, Prevention and Control	University of Minnesota
City of Minneapolis	Minnesota Department of Health - STD/HIV Division	University of Minnesota Career & Community Learning Center
Clare Housing	Minnesota Education Corps	University of Minnesota GLBT Network
Communications Workers of America, Local 7250, AFL	Minnesota International Center - International Visitor Leadership Program	University of Minnesota School of Public Health
Connections Academy	Minnesota Monthly	University of North Dakota Theater Costume Department
Core Power Yoga	Minnesota Red Ribbon Ride	UPS Foundation, Inc
Costume Shop	Minnesota Roller Girls	V.A. Medical Center
Costumes & Creatures Crate & Barrel	Minnesota Storm Patrol	Valley of Peace Lutheran Church
Cretin-Derham Hall	Minnesotans United for All Families	VEE Costumes & Creatures
Cub Foods/ SuperValu	New Spirit	Victorious Secret
De LaSalle High School	United Church of Christ	Broomball Team
Deloitte	Nicollet Ace Hardware	Walgreens
Delta Lambda Phi Fraternity - Delta Chapter	Nicollet-East Hamlet Business Association	Walk to End Hunger
Dignity Twin Cities	North Dakota State University-Theater Department	Wanderer's Car Club
Dunlap Law Office	Northwestern Health Sciences University	Watershed High School
East View High School	Our Redeemer	WB Century College
Elk River Lutheran Church	Lutheran Church	The Wedge
Ernst & Young, LLP	Our Savior's Lutheran Church	Community Co-op
The Firm	Outfront Minnesota	Wells Fargo Corporation
First Christian Church	Park House	Payroll & Human Resources
First Equity Mortgage	Park Nicollet Health Services	Wells Fargo
First Unitarian Society of Minneapolis	Parma 8200	Escrow and Insurance
Fitness Together Minneapolis	Peace United	Wells Fargo Home Mortgage - Lien Release Department
Floral Logic	Church of Christ	Wells Fargo Home Mortgage & Insurance ASC
Fridley United Methodist Church	PFund	West Side Community Health Services - Clinic 7 Team
Friendly Hills Middle School	Pillsbury United Communities	Wilde Roast Cafe
Funcharacters	Pixie Salon	Women of Wealth
Geek Physique	Presbyterian Women's Association, First Presbyterian	Networking Group
Girl Scouts of Minnesota / Wisconsin / River Valley	PRIDE Institute	Xcel Energy
Glad Creations Quilt Block	Project for Pride in Living	Property Services
Gloria Del Lutheran Church	Project Remand	Y Force University YMCA
Greater Minneapolis Council of Churches	Quatrefoil Library	Youth & AIDS Project
Guthrie Theater	Quilters for Restorative Justice	
Hamline United Methodist Church	Quorum	
Hands On Twin Cities - Youth Leadership Council	Qwest Eagle	
HealthPartners Research Foundation	RE/MAX Results	
Hennepin Avenue United Methodist Church	Regis Corporation	
Hennepin County Human Services, Ryan White Planning Council	RhymeSayers Entertainment	
Hennepin County Probation	ROR Tax Professionals, LLC	
Hennepin Theatre Trust	Rosemount United Methodist Church	
Hiawatha Church	Rotary Club - Minnesota	
Hillel House - University of Minnesota	RSVP Vacations	
	Rural AIDS Action Network	

## Volunteer Services

**Our Volunteer Program** is the heart of The Aliveness Project. Last year, 1,687 volunteers contributed over 36,000 hours of service.

Last year, the Independent Sector estimated an average volunteer's labor is worth \$21.79 per hour. Based on this, the value of our volunteers' work is \$784,000!

We would have to increase our budget by 73% or hire 17 full-time staff to do the work of these dedicated individuals and groups. Our volunteers include:

- Members of The Aliveness Project
- Individuals who have a personal concern for people living with HIV/AIDS
- People of all ages and residents of the Twin Cities and Greater Minnesota, as well as other states and countries
- Volunteer teams from corporations, schools, colleges and faith communities

Volunteers play a vital role at all levels of our organization, including:

- Board of Directors
- Capital Campaign
- Dining Out For Life & other events
- Food Shelf Program & food drives
- Holiday Basket Program
- Housekeeping & maintenance
- Integrative therapies
- Kitchen helpers
- Membership Advisory Committee
- Minnesota Red Ribbon Ride
- Newsletters & mailings
- Pet clinics
- Office assistants & errand drivers
- Professional consulting & speakers
- Reception desk
- Volunteer recognition event



I am Joseph, and I'm positive.

The Aliveness Project has created positive changes in my life. The therapies have been beneficial and life-saving for me.

The Aliveness Project also has empowered me to volunteer and become a published writer of poetry.

# Our Volunteers

The Aliveness Project acknowledges and thanks our 2011 volunteers! Please accept our apology if we inadvertently omitted or misspelled your name!

## Individuals

Maren Aalgaard  
 James (Erich) Aardema  
 Jennifer & Ross Abbey  
 Matt Abbott  
 Sharon & Sam Abelson  
 Elizabeth Aby  
 Kenneth Adams  
 Catherine Adeboye  
 Heidi Adelsman & Mike Everett  
 Farhan Aden  
 Alejandro Aguilera  
 Sandy Agustin  
 Logan Aimone  
 Cesar Alberto  
 Bethany Albing  
 Jill Alexander  
 Julie Allen  
 Walter Altenbach & Jackie Casanova  
 Carol Amacher  
 Lucille Amin  
 Joseph Amrhein  
 Kathy Andersen  
 Allen Anderson  
 Bob Anderson  
 Courtney Anderson  
 David Anderson  
 David Anderson  
 David Anderson  
 Ed Anderson  
 Emily Anderson  
 Gina Anderson  
 Greg Anderson  
 Johnny Anderson  
 Karen Anderson  
 Mary Anderson  
 Naté Anderson  
 Reilly Anderson  
 Robert Anderson  
 Ron Anderson  
 Rory Anderson  
 Tom Anderson  
 Kari & Mark Anderson Suggs  
 Bruce Andrews  
 Tammy Angrinson  
 Ashley & Kayla Apman  
 Michelle & Jösh Apman  
 Todd Appel  
 Karen Appelbaum  
 Marley Applebaum  
 KJ Archer  
 Gene Arel  
 Rebecca Armstrong  
 Dan Arnold  
 Holly Arnst  
 Sharon Asbell  
 Nancy Ashenbrenner  
 Tami Auerbach  
 Scot Aufenthie  
 Sherry Aure  
 Larry Aus  
 Peter Austin & Chris Foss  
 Sue & Mark Austin & Family  
 Erika Bach  
 Laura Bachinski & Renee DeLong  
 Lauren Back  
 Edith Bacon  
 Kenya Badboy-Gibson  
 Grace Bailey  
 Briana Baker  
 Larry Baker  
 Tom Bakko  
 Jade Balcos  
 Zak Baldrige & Derek Dahl  
 Lisa & Jennifer Baldwin-Kusz  
 Wendy Bame  
 Bryan Banks  
 Helene Barcelo  
 Duane Barclay  
 William Barnett & Kerry Cashman  
 Amy Barón  
 Ruth Barrett Rendler  
 Katherine Bass  
 Peter Bast  
 Emily Bastian  
 Andrea Batt  
 Laura Battaglia  
 Amy Baudler  
 Andrea Baumhofer  
 April Beachem  
 David Beam  
 Shelley Beaurline  
 Lois & Ron Beck  
 Joseph Behr  
 Scott Belcher  
 Doug, Deanna, Adam & Caroline Belden  
 Dot Belster  
 Daniel Benson  
 Pam Benson  
 Pamela Benson  
 Scott Benson  
 Maria Berens  
 River Berens  
 Lena Beste  
 Tom Bichanga

Nancy Biele  
 Meranda Bittinger  
 Shannon Bittner  
 Sonja Bjornrud  
 Shennnon Black  
 Sara Blair  
 Philip Blanding  
 Jerry Blankenship  
 Seth Blanton  
 Kenneth Blaschko  
 Mara Bliss  
 Alicia Bloch  
 Paul Bock  
 Kevin Boedigheimer  
 Jeanne Boettcher  
 Maria Boland  
 Andrea Bolks  
 Stacey Bolton-Tsantrir & Dean Tsantrir  
 Amanda Bonler  
 Lisa Boone  
 Kathy Bormann  
 Scott Boston  
 Glenn Bottomly & Chuck Larsen  
 JoAnn Boudreau & Gretchen Bueide  
 Kevin Boulds  
 Aaron Bow  
 Jane & Anne Boyer  
 Mary Kaye Bozicevich  
 Christopher Bradley  
 Diane & Tom Brady-Leighton  
 Pam Branhman  
 Sheila Bray & Paula Anderson  
 Kristine Brejle  
 Emma Brittan  
 Michael Bro  
 Brittney Brock  
 Curtis Brock  
 Lynn Brofmann  
 Kristin & Mick Brogan  
 John & Laura Broghammer  
 Beverly Brogle & Matt McLaughlin  
 Aaron Brosier  
 Susan Brott & Bob Noyed V. Elaine Brown  
 Rashelle Brown  
 Wendy Brown-Baez  
 Rowan & Jessica Broyles  
 LuAnne Brunello  
 Craig Bruno  
 Steven Brusewitz  
 Deb Bryan  
 Jason Bryan  
 Sara Buck  
 John Bueche  
 Fran Buergens  
 Mark Butkin  
 Nicolai Buh  
 Walker Burgeson  
 Gwynder Burnett  
 Jeanne Burns & Liz Oppenheimer  
 Mary Burns-Klinger  
 Cathy Burrell  
 Merita Bushi  
 Karen Buswell  
 Mike Butcher  
 Emily Butler  
 Mary Lane Butler  
 Debbie Byers  
 Rena Cade  
 Karl & Nancy Cambronne  
 Anne Campbell  
 Eugenia Canaan  
 Ronda Capher  
 & Kelly Applegate  
 Joan Cáchedi  
 Ruben Cardenas Soriano  
 Arellomo Carla  
 Pres Carlson  
 Peggy Carnes & Eric Van Wyk  
 Alli Carroll  
 Lydia Caros  
 Nancy Carpenter  
 Bill Carroll  
 Jackie Carroll  
 Lynn Carroll  
 Keith Carson  
 Timothy Carter  
 Andi Casaus  
 Warren Case  
 Patricia Casello-Maddox  
 Ronna Casement  
 Brent Casey  
 Daniel Cashman  
 Mike Cassidy & Alan Holliday  
 Alexis Castillo  
 Susan Cathey  
 Carole Chalman  
 Jill Chamberlain  
 Robert (Bob) Charbonneau  
 Greer Cherney  
 Charles Cho  
 Nicholas Christensen  
 Denise Christian  
 Bill Christman  
 Jim Ciccone  
 Donna Clark  
 Shannon Clark  
 Phillip Cochran

Robert Eldridge  
 Gabe Elfering Cohen  
 Brad Erickson  
 Fred Erickson  
 Hazel Erickson  
 James Erickson  
 Nancy Erickson  
 Sarah Erickson  
 Bruce Erickson & Jay Trevino  
 Jordan Ermer  
 Andy Ernst  
 Alicia Estrellado  
 Neena Cohen  
 Dara Cohen & Barry Wohl  
 Bill Colburn  
 Maureen Colburn  
 Maureen & Bill Colburn  
 Seth Blanton  
 Glenn Blaschko  
 Mara Bliss  
 Alicia Bloch  
 Paul Bock  
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 Anne Campbell  
 Eugenia Canaan  
 Ronda Capher  
 & Kelly Applegate  
 Joan Cáchedi  
 Ruben Cardenas Soriano  
 Arellomo Carla  
 Pres Carlson  
 Peggy Carnes & Eric Van Wyk  
 Alli Carroll  
 Lydia Caros  
 Nancy Carpenter  
 Bill Carroll  
 Jackie Carroll  
 Lynn Carroll  
 Keith Carson  
 Timothy Carter  
 Andi Casaus  
 Warren Case  
 Patricia Casello-Maddox  
 Ronna Casement  
 Brent Casey  
 Daniel Cashman  
 Mike Cassidy & Alan Holliday  
 Alexis Castillo  
 Susan Cathey  
 Carole Chalman  
 Jill Chamberlain  
 Robert (Bob) Charbonneau  
 Greer Cherney  
 Charles Cho  
 Nicholas Christensen  
 Denise Christian  
 Bill Christman  
 Jim Ciccone  
 Donna Clark  
 Shannon Clark  
 Phillip Cochran

Kristin Haltinner  
 Jonathan Halverson  
 Miles Hamlin  
 Heidi Hammel  
 Scott Hammel  
 Laura Hammer  
 Patricia Hanauer  
 Emily Hanka  
 Brennan Hannon  
 Eric Hansen  
 Jim Hansen  
 James Hardy  
 Tamara Harmon  
 Karin Harp  
 Brian Harper  
 Jewel Harper  
 Max Harper  
 Bobbi Harrington  
 Elizabeth Harris  
 Gretchen Harris  
 Jane Harris  
 Jennifer Harris  
 Mindy Harris  
 Bill Hart  
 Mark Hart  
 Rachel Hartjes  
 Jean & Jim Hartman  
 Patrick Hartman  
 Brian Hasenmueller  
 Kenneth Hasley  
 Elise Fester  
 Theresa Fetsch  
 Andrew Fiecke  
 Hallie Finucane  
 Bridgette Fischer  
 Deborah Fiscus  
 Bruce Fisher  
 Tara Fisher  
 Lisa Fitzgerald  
 Kevin & Tracy Flanigan  
 Jay Fleming  
 Tom Flicker  
 Donald Flies  
 Michael Flowers  
 Sherman Ford  
 Johnnie Forseide  
 Katie Fortier  
 Maya Foss  
 Marcia Foutch  
 Becky Fox  
 Janelle Fox  
 Craig & Linda Franz  
 Randi Dahl  
 Jenny Dahlke  
 Dennis Daigle  
 Marc Dal Bianco  
 Bruce Daleiden  
 Rebecca Daml  
 Emily Dancer  
 Janet Dapper  
 Darin Olson  
 Rick Darland  
 Elizabeth Darling  
 Kendrick Davies  
 Donna Davis  
 K. Davis  
 Rachel Davis  
 Andrea Davison  
 Greg Dawson  
 Susanna de Campos Salles  
 Michael De Leon  
 Jonathan Dealey  
 Jeff Dean  
 Ryan Dean  
 Mike Debelak  
 Mary DeBruin  
 Tanya Decker  
 Breánnna Dedrickson  
 Billy Delaino  
 Lauren DeLand  
 Ann Delano  
 Benjamin Delong  
 Hillary, Alex & Haley Deparde  
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I am Dan, and I'm positive.

The Aliveness Project is a great place to meet people who are HIV positive.

I have many good friends here. At Aliveness, you have the freedom to be yourself and share how you are doing with others in the same situation.

I also volunteer on a regular basis and know that volunteers make a huge difference in all of our programs.



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**I am Johnny, and I'm positive.**

I was originally referred to The Aliveness Project by a nurse at the VA Hospital.

I was very impressed the first time I came here – there are so many services offered. Now I come every day, because the meals are so nutritious.

The massages also really help me. The touch of massage lets me know that I am valued and alleviates some of the symptoms of the disease.

As my way of giving back, I also have volunteered with their fundraising events, including the Minnesota Red Ribbon Ride, Dining Out For Life and the Walk To End Hunger.



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Stephanie J. Reed	Mark A. Snyder	Susan Wagner		Joyce & Warren	Cassandra Yarbrough
& Tina L. Teague		John & Annette Wahl		Kapsner	JoAnna Zackman
Joseph J. Reid		Luke Wallrich		Lynda Kayser	Susan L. Zoff
				K. J. Archer	

## **Individuals - In Kind Gifts**

Amy Adam  
Vicky Adams  
Heidi Adelsman  
& Mike Everett  
Sandy Agustin  
Julie Allen  
Julie Andberg  
Alyssa A. Anderson  
David R. Anderson  
Loreena L. Anderson  
Todd M. Appel  
K. J. Archer  
Katie Johnson  
Kimberly Johnson  
Lori L. Johnson  
Rachel R. Jones  
Charles Jordan  
& Joseph Larson  
Carol Kaiser-Milan  
Leo Kaplan  
Joyce & Warren  
Kapsner  
Lynda Kayser  
Elaine B. Kelash  
Libby Weibel  
Mike Welton  
Andrea Wicevic  
Tom Wiegele  
Shawn Wilde  
Amy Williams-Scott  
Ronald Wilson  
Gerry Wineman  
Sarah J. Winger  
Cassandra Yarbrough  
JoAnna Zackman  
Susan L. Zoff



I am Stuart and I'm positive.

A few years ago, I could no longer work full-time due to

HIV. My health was not good and I didn't have enough money to survive.

My case manager helped me find a place to live, get health insurance and resources to pay some emergency bills.

Today I feel great. I just started a new job and now I will feel able to support myself again.

I have my life back and I have The Aliveness Project to thank for this!

Businesses / Organizations - Financial Gifts	Crowley, White & Helmer, Inc.	The Independent It's Greek to Me	Pizza Lucé - Seward / University	Businesses / Organizations - In Kind Gifts
128 Café	Cupcake	J.D. Hoyt's	Pizza Lucé - St. Paul	19 Bar
318 Café	Cuppa Java	Jackson's Coffee & Gelato	Pizza Lucé - Uptown	African Health Action Corporation
8th Street Grill	Coffee and Deli	Jakeeno's Pizza & Pasta	Powder River	AFSA High School
Aagesen Chiropractic Clinic	Curran's Restaurant	Jitters Coffee	Real Estate, Inc	National Honor Society
Abbott Laboratories	CyberGrants, Inc., Traveler's Support Center	& Tea House	Practice Point Communications, Inc.	Air America - AM 950 KTNF
Acqua Restaurant and Wine Bar	David S. Ascher Charitable Foundation	Joe's Garage Restaurant	Prime Timers - Minneapolis / St. Paul Chapter	Alexandra House
Afton House Inn al Vento	Dining Out for Life International Association	Joseph's Family Restaurant	The Purple Onion Café	Allegra Print & Imaging
Amazing Grace Bakery & Café	Dover Restaurant & Bar	The Jungle Theater	Rail Station Bar & Grill	American Family Insurance
Ameriprise Financial Employee Giving Campaign	Dunn Bros Coffee eagleBOLTbar	Kafé 421	Rainbow Chinese Restaurant	AMVETS
Anderberg Innovative Print Solutions	Eat for Equity Inc.	Khyber Pass Café	Red Stag Supperclub	Anderberg Innovative Print Solutions
Angelo's Italian Restaurant	Ecopolitan Restaurant	Knox Presbyterian Church	Renaissance Charitaibe Foundation, Inc.	AT&T Executive Teleference
Anodyne @ 43rd Applebee's Arezzo Ristorante	Eden Avenue Grill	Kopp Family Foundation	Restaurant Alma	Atons of Minneapolis Ballet of the Dolls and The Ritz Theater
The Aster Café At Sara's Table/ Chester Creek Café	Edward R. Bazinet Fund, Minneapolis Foundation	La Chaya Bistro	Restaurant Aura	Beckman Coulter, Inc. - Customer Call Center
Atons of Minneapolis B.A.N.K. Restaurant	El Mesón	Lake Harriet Veterinary Land O'Lakes, Inc.	Rinata	Bethlehem Lutheran Church
Bambu Asian Cuisine Bar Abilene	El Nuevo Rodeo	Language of Love, LLC	Roat Osha	The Bibelot Shop, Inc.
Barrette Beaujo's Wine Bar & Bistro	El Paraíso Restaurant	Lavender Magazine	Robbinsdale United Church of Christ	Birchwood Café
Bemis Company Foundation	Elsie's Restaurant & Lounge	Liberty Diversified International	ROR Tax Professionals, LLC	The Black Guard of Minneapolis
Best & Flanagan LLP Birchwood Café	Erté & The Peacock Lounge	Lone Spur Grill & Bar	Roundy's Foundation, Inc.	Bloomington Theatre and Art Center
Black Dog Café & Wine Bar	Estate of Bro Eric Peterson	Longfellow Grill	Rudolphs Bar-B-Que	Buca di Beppo - Burnsville
Black Forest Inn Blackbird Café	Evangelical Lutheran Church in America - Domestic Hunger Program	Loring Kitchen & Bar	Rustica Bakery	Café Latté
Blossoms and Bees, LLC	Everest on Grand FACES Mears Park	Lucia's Restaurant	The Saloon	Calvary Lutheran Church - Minneapolis
Bob & Carl's Auto Body	Falafel King	Luna Rossa	The Sample Room	Calvary Lutheran Church - Golden Valley
Boca Chica Restaurante Brasa Rotisserie	Fat Lorenzo's	Trattoria & Wine Bar	Sanctuary	Care Minders Home Care
Brave New Workshop Theatre Breadsmith	Finnish Bistro	LUSH Food Bar	Santorini	The Chair Salon
Brian Graham Salon Broadway Cares / Equity Fights AIDS	FireLake Grill House & Cocktail Bar	Lutheran Church of Christ the Redeemer	Sapor Café/Bar	Chestnut & Cambronne PA
Bruegger's Bagels - Eden Prairie	Fireroast Mountain Café	Lyon's Pub	Sawatdee & Zushiya of Maple Grove	City Looks Salon
Buck Holzemer Productions	First Christian Church	M.A.C. AIDS Fund	Sawatdee St. Paul	City Pages
The Bulldog Lowertown, Inc	First Course	Macemon Photography	Sawatdee Thai Restaurant	Clear Channel Outdoor
The Bulldog Uptown Buona Sera	Fischer on Finance	Macy's Foundation	Sen Yai Sen Lek	Cockpit Minneapolis Consulting By Design
The Butcher Block Bar & Restaurant	Floral Logic	MAHADH Fund of HRK Foundation	Señor Wong	Cub Foods/SuperValu
C.C. Club	Franklin Templeton Charitable Giving Fund	The Malt Shop Restaurant	Sir Benedict's Tavern on the Lake	De LaSalle High School
Café Ena	Fuji-Ya Restaurant Fusion	Manny's Tortas	Sontes	Delta Lambda Phi Fraternity
Café Maude	Galactic Pizza	Maverick's Wood Grill	Southside Farm Store	Designs by Shoshana
Café Twenty-Eight	Gaylaxicon 2009	May Day Café	Spill The Wine	Eden Avenue Grill
Camp Bar	Gigi's Café	Maynard's Restaurant	Spoonriver	Electric Fetus
Campus Pizza	Ginger Hop Restaurant	McCoy's Public House	St. Clair Broiler	Elk River Lutheran Church
Carl and Eloise Pohlad Family Foundation	The Glockenspiel Gold Medal Media Group LLC	The Medtronic Foundation	St. Joan of Arc Catholic Church	Episcopal Church of the Nativity - Burnsville
Carmelo's Ristorante Chanhassen Dinner Theatres	Grand Hotel Minneapolis - A Kimpton Hotel	Fusion	St. Luke Presbyterian Church	Ernst & Young LLP
Charles Levin Architects	Great Waters Brewing Company	Mid-America Festivals	Stanley's Northeast Bar Room	The Firm
Chiang Mai Thai Chin Dian Café	Greater Minneapolis Council of Churches - Minnesota FoodShare	Minneapolis Foundation	Stella's Fish Cafe	First Equity Mortgage
Chris & Rob's Chicago Taste Authority	Greater Twin Cities United Way	Minneapolis Friends Meeting	Supatra's Thai Cuisine	Fitness Together
Chris & Rob's Chicago Taste Authority	Guthrie Theatre	Minneapolis Movie Bears	SUPERVALU Corporate Headquarters - East View Innovation Center	Flannery Construction
Chris & Rob's Chicago Taste Authority	Hair Police	Minnesota Dance Theatre and The Dance Institute	Tanpopo Noodle Shop	Fridley United Methodist Church
Christian Brothers of Minnesota - Miguel House	Hazel's Northeast Healing from Roots to Branches	Minnesota Red Ribbon Ride	Target Greatland Store - Brooklyn Park	Friendly Hills Middle School
Christos Greek Restaurant	HealthPartners Heidi's Minneapolis The Herkimer Pub and Brewery	Minnesota Storm Patrol	TCF Foundation	Geek Physique
Christos Union Depot Place	Highland Café and Bakery, Inc.	Mount Olive Lutheran Church	Thanh Do Restaurant	General Mills Foundation
Citizen Café Colossal Café	Himalayan Restaurant - Fridley	Muffuletta Café	Thom Pham's Wondrous Azian Kitchen	Geritom Medical, Inc.
Community United Church of Christ	Himalayan Restaurant - Minneapolis	Napa Valley Grille	Thrivent Financial for Lutherans	Grand Hotel Minneapolis - A Kimpton Hotel
The Craftsman	Hollstadt & Associates, Inc.	New Scenic Café	Tibotec Therapeutics	Harvest Moon Backyard Farmers
	Home Inspections of Minnesota	New Spirit United Church of Christ	Toast Wine Bar & Café	Haskell's The Wine People
	Hot Plate	Ngon Vietnamese Bistro	Tootie's on Lowry	HealthPartners Research Foundation
	Hugh J. Andersen Foundation	Nonna Rosa's Ristorante Italiano	The Town House	Hennepin Avenue United Methodist Church
	Hunger Solutions Minnesota	Nordstrom	Trattoria da Vinci	Hennepin Theatre Trust
	Ichiban Japanese Steak House	Now of Age Studios	Troupe America, Inc.	Hiawatha Church
	Il Gatto Illusion Theater	Pagoda	Tum Rup Thai Tupperware	History Theatre
	The Imperial Court of Minnesota	Pancho Villa's Grill	Va Bene	Jensen's Café
		Papa's Restaurant & Deli	Berarducci's Caffe	Joe's Garage Restaurant
		Park Nicollet Foundation	Victor's 1959 Café	Jon Charles Salon
		Park Square Theatre	Vina Restaurant	KARE 11
		Park Tavern Bowling & Entertainment Center	W.A. Frost and Company	Papa's Restaurant & Deli
		Patrick's Cabaret	Wanderers Car Club	Lake Harriet Veterinary Corporation
		Perry Ingli Fine Art	The Wedge Community Co-op	Landmark Theatre
		Piccolo	Westrick & McDowell Nix PLLP	Corporation
		Pizza Lucé - Downtown Mpls.	The Whitney Foundation	Lavender Magazine
		Pizza Lucé - Duluth	Wilde Roast Café	Lutheran Church of Christ the Redeemer
		Pizza Lucé - Hopkins	Women of Wealth	Macalester Plymouth United Church Youth
			Yum! Kitchen & Bakery	Macemon Photography
				Magers and Quinn Booksellers
				The Marsh - A Center for Balance and Fitness
				Meghan Doll Photography
				Metromix.com
				Minneapolis Public Schools Science Center
				Minnesota Department of Health - STD/HIV Division
				Minnesota Monthly Magazine
				The Minnesota Opera
				Minnesota Red Ribbon Ride
				Minnesota State Fair
				New Spirit United Church of Christ
				Northwestern Health Sciences University
				OpenTable.com
				Ordway Center for the Performing Arts
				Our Savior's Lutheran Church
				Park Square Theatre
				Park Tavern Bowling & Entertainment Center
				Parma 8200
				Peace United Church of Christ
				Pink Champagne
				RE/MAX Results - Amy Ruzick & Kay T. Johnson
				The Rising Sun Medicine IGroup: The Mankind Project
				Rock Bottom Brewery
				ROR Tax Professionals, LLC
				The Salvation Army
				Sartell Group
				Seward Community Co-Op
				Smitten Kitten
				Southside Farm Store
				St. Joan of Arc Catholic Church Fellowship
				Stratford Fidelity Subaru
				Sweets Bakeshop Tangletown Gardens
				TaraNa Yoga Studio Taurus Moon Graphic Designs
				The Terrapin Group
				Ticket Works
				Toys For Tots Minnesota
				Tres Jolie Salon
				TRUST Youth Group
				Twin Cities Dining Guide
				Twin Cities Pride
				Two Bettys Green Cleaning Company
				Valley of Peace Lutheran Church - Youth Group
				Valleyfair
				Walgreens
				Wallace Carlson Printing
				Warners' Stellian
				The Wedge Community Co-op
				Wells Fargo Home Preservation
				Wells Fargo Home Mortgage Lien Release Department
				Wells Fargo Insurance ASC
				Wells Fargo Escrow and Insurance
				Wilde Roast Café Yoga Center of Minneapolis- Dharma Wellness and Spa

**I am Roger, and I'm positive.**

**The Aliveness Project is a good place to network and meet other people with similar issues.**

**Coming here is the first step on the road of dealing with HIV and finding positive ways to live with it.**

## **Capital Campaign**

**The Aliveness Project currently serves twice as many individuals living with HIV/AIDS as we did 12 years ago—in a building designed to serve 400.**

Our organization has long since outgrown the current 7,000 square foot building located at 38<sup>th</sup> Street and Chicago Avenue in Minneapolis. The building is simply too small to serve the rapidly growing numbers of people who need our services.

In June 2009, The Aliveness Project launched a \$2.5 million Capital Campaign for the purchase and renovation of a new space at 3808 Nicollet Avenue South, just ten blocks west of our current site.

The organization's new home will provide substantially more programming and storage space, improved accessibility and other features to better serve the growing number of members. We will have a larger dining room, a food shelf with expanded storage, twice as many therapy rooms, more confidential office space for staff, a large community room for workshops and gatherings, and more work areas for volunteer groups.

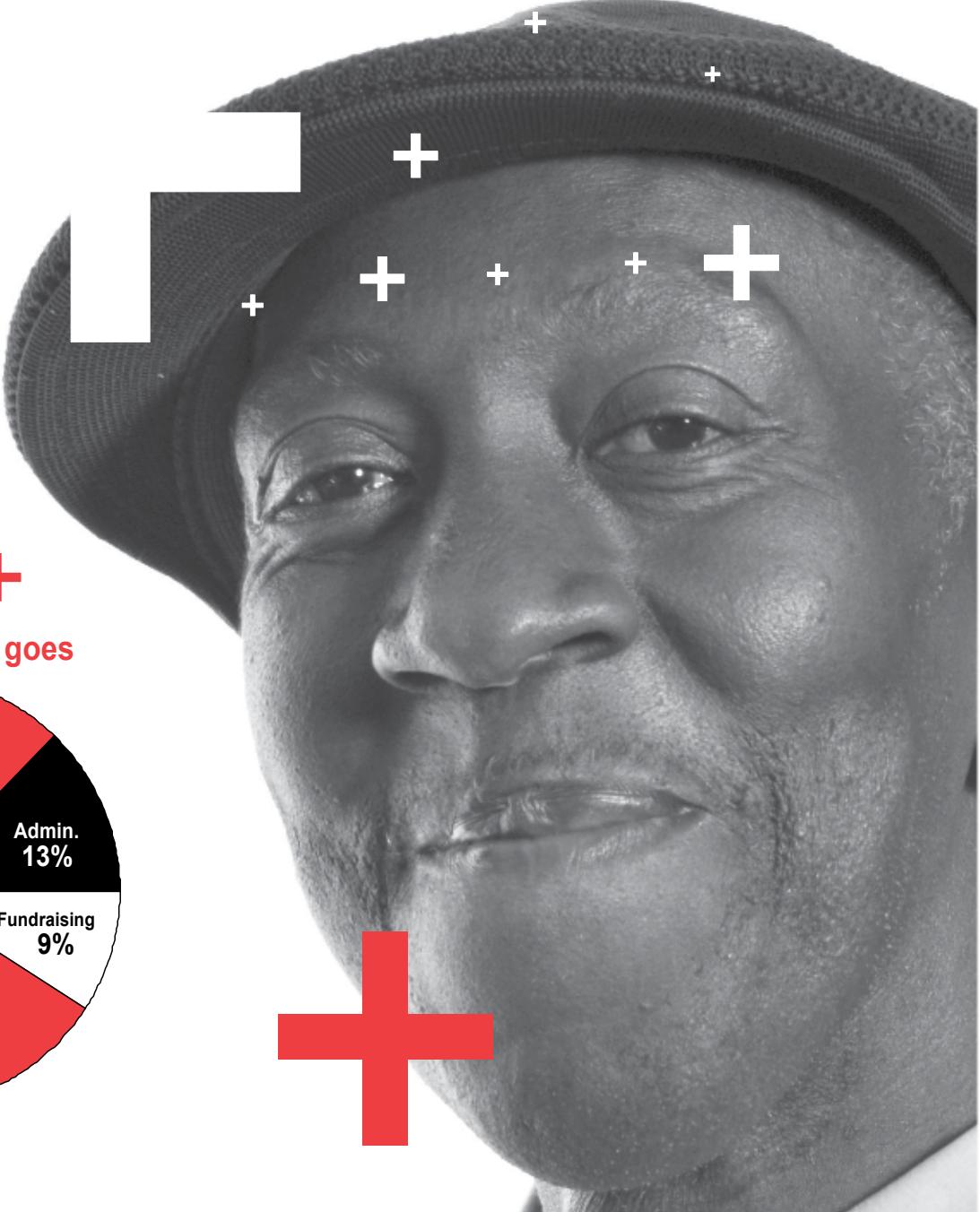


As of December 31, 2011, approximately \$910,000 had been committed to the Capital Campaign, and a large number of potential funding sources are in the process of being approached for support.

We are grateful for the continuing involvement of our Capital Campaign Committee, led by Minneapolis City Councilmember Elizabeth Glidden and attorney Karl Cambronne.

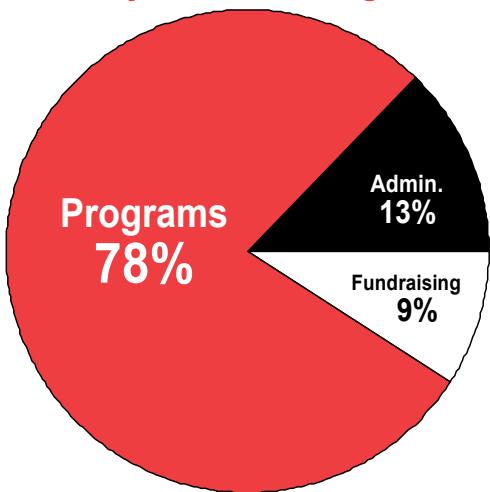
Progress toward the campaign goal continues to be steady, although slower than originally anticipated—due in large part to the economic recession during the past few years. We anticipate that most of the funding will be committed in 2012.

Our members, staff and volunteers are patiently awaiting this new home for The Aliveness Project!



# impact+

Where your donation goes



## FINANCIALS

### OPERATING STATEMENT

Fiscal Year Ending December 31, 2011 and 2010

	2011	2010
INCOME:		
Contributions, Memorials & Grants	\$ 453,856	\$ 464,731
Government Grants	\$ 490,016	\$ 428,487
Special Events	\$ 185,225	\$ 129,150
Charitable Gaming	\$ 53,677	\$ 41,691
Investment Income	\$ -	\$ -
Miscellaneous	\$ 3,671	\$ 1,643
<b>Total Support and Revenue</b>	<b>\$ 1,186,445</b>	<b>\$ 1,065,702</b>
EXPENSES:		
Food Services	\$ 435,694	\$ 386,404
Member Services	\$ 269,914	\$ 209,932
Outreach & Education	\$ 131,048	\$ 113,744
Management & General	\$ 137,367	\$ 120,725
Fundraising	\$ 96,518	\$ 101,610
<b>Total Expenses</b>	<b>\$ 1,070,541</b>	<b>\$ 932,415</b>
<b>Change in Net Assets</b>	<b>\$ 115,904</b>	<b>\$ 133,287</b>

### BALANCE SHEET

Fiscal Year Ending December 31, 2011 and 2010

	2011	2010
ASSETS:		
Cash	\$ 397,699	\$ 276,834
Investments	\$ -	\$ -
Grants & Contracts Receivable	\$ 65,360	\$ 105,131
Other Assets	\$ 29,917	\$ 29,026
Property & Equipment	\$ 969,446	\$ 943,947
<b>Total Assets</b>	<b>\$ 1,462,422</b>	<b>\$ 1,354,938</b>
LIABILITIES:		
Accounts Payable	\$ 54,897	\$ 69,527
Accrued Salaries & Vacation	\$ 26,454	\$ 24,771
Payroll Taxes Payable	\$ 5,426	\$ 899
Notes Payable	\$ 420,000	\$ 420,000
<b>Total Current Liabilities</b>	<b>\$ 506,777</b>	<b>\$ 515,197</b>
<b>Total Net Assets</b>	<b>\$ 955,645</b>	<b>\$ 839,741</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$ 1,462,422</b>	<b>\$ 1,354,938</b>



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Minneapolis, MN 55407

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#### STAFF

Scot Aufenthie, Kitchen Assistant  
Pam Benson, Gaming Program Assistant  
Tom Bichanga, Director of Prevention & Outreach Services  
Dan Capelli, Food Shelf Director  
Joshua Conrade, Outreach Worker  
Sean Divine, Food Services Director  
Hanna Dorn, Receptionist / Health & Wellness Coordinator  
Richard Everson, Database Programmer  
Walter Gies, Case Manager  
Jennifer Gunderson, Gaming Coordinator  
Donovan Harmel, Kitchen Assistant  
Johnny Herda-Anzaldo, Director of Case Management & Membership Services  
Vince Hodge, Grant Writer  
Joe Larson, Executive Director  
Tim Marburger, Director of Fundraising & Special Events  
James Mattson, Food Shelf Assistant  
Esther Mendez, Assistant Cook  
Lisa Nadeau, Dietician  
Otis Reeves, Kitchen Assistant  
Ted Richardson, Gaming Program Assistant  
Chris Roberts, Cook  
Destinee Salinas, Peer Advocate  
Scott Schlaffman, Gaming Manager  
Stephanie Shaw, Office Manager  
John Sheehan, Gaming Program Assistant  
Lee Silverstein, Accountant  
JT Thompson, Prevention Educator  
Monica Travis, Volunteer Services Director  
Leo Vickerman, Gaming Program Assistant  
Karen Voerding, Gaming Program Assistant  
Corliss Zawistowski, Peer Program Coordinator

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**Our mission is to encourage self-empowerment and provide direct services to persons living with HIV/AIDS.**

#### CAPITAL CAMPAIGN COMMITTEE

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#### Special Thanks To:

**POSITIVE IMPACT CAMPAIGN DESIGN**  
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