

2001 ANNUAL REPORT



The Aliveness Project
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2001: THE YEAR IN REVIEW

The end of 2001 was the end of a significant era for The Aliveness Project: Scott Schlaffman retired from his position as our Executive Director — a position in which he had served as a volunteer for about seven years.

Scott has left a legacy at The Aliveness Project that will not be quickly forgotten. During his years of service, Scott effectively managed this organization and brought in a wealth of resources that have enabled Aliveness to continue serving the needs of HIV-infected individuals in our community and throughout Minnesota. Thanks, Scott, for all that you have done to make this organization so successful!

The Board of Directors hired me as the new Executive Director in December 2001. Since then, I have been amazed at the vast array of services provided by The Aliveness Project!

During 2001, The Aliveness Project experienced a year of continued growth. In March 2001, Dining Out for Life was very successful — the only annual fundraiser we conduct. Our organization also received support via some community fundraisers, such as Sister Shanni's Bingo (at the Brass Rail), the Minneapolis Atons group, and other community groups. We also received funds from the Minnesota AIDS Walk. We submitted a request for Ryan White Care Funding, which was approved for the next fiscal year (March 2002—February 2003).

Gaming operations continued to provide ongoing support during 2001. Although economic factors (such as the recession and the effects of September 11th) resulted in an overall decrease from the previous year, more than \$21,000 was donated back to The Aliveness Project for the entire year. As Executive Director, I wish to thank the Membership Advisory Committee and Jennifer Gunderson, operations manager, for their committed work on this fundraising stream.

Collaboration is an important part of our community work. We continue to work with the Minnesota AIDS Project on the Minnesota AIDS Walk's Positive Party and other efforts. Case management efforts continue, with programs like Clinic 42 and the African American AIDS Task Force that use our facility for outreach services with clients. In July 2001, we received a grant from the Department of Human Services to begin offering care advocacy services to our members.

The Holiday Baskets Program was a success in 2001. A total of 583 baskets were prepared for nearly 1,500 individuals, including more than 500 children. Extensive use of volunteers and early solicitation of donations helped make this project flow smoothly.

In addition to all this, The Aliveness Project's membership has continued to grow — reaching a total of 1,239 active members at the end of 2001. The following pages include reports on the various programs and services provided by our organization last year.

I wish to thank all of our members for this opportunity to represent The Aliveness Project as its new Executive Director. I look forward to our future work together in serving the daily needs of people living with HIV/AIDS in our community!

Sincerely,

A handwritten signature in black ink that reads "Joe A. Larson". The signature is fluid and cursive, with the first name "Joe" being the most prominent part.

Joseph A. Larson
Executive Director

The Aliveness Project

BOARD OF DIRECTORS

May 2002

<u>Name</u>	<u>Position</u>	<u>Term Ends</u>
Ken Eppich	<i>President</i>	May 2002
Max Fallek		May 2003
N. William Fehrenbach		May 2005
Joe A. Larson	<i>Executive Director</i>	
Michael Peterson		May 2002
Scott Schlaffman		Dec. 2003
Kevin Sitter		May 2002
Joseph Smith		May 2002
Ralph Thorsgaard	<i>Third Vice-President & MAC Chairperson</i>	May 2002

Note: The Second and Third Vice Presidents, Secretary, and Treasurer are currently open positions.

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MEMBERSHIP ADVISORY COMMITTEE

Term: May 2001 — May 2002

Ralph Thorsgaard, *Chairperson*

Vice-Chairperson, Open position

David E. Hanson, *Secretary*

Pam Benson

Harland Brockoff

Dan Cashman

Kristi Holthus

Tedd J. Richardson

Scott Schlaffman

MEMBERSHIP DEMOGRAPHICS

Since its founding in 1985, The Aliveness Project has served an increasingly diverse population. In the past five years alone, the number of people served annually has almost doubled and our membership reached an all-time high of 1,239 at the end of 2001. This is 29% of the estimated 4,331 total individuals living with HIV/AIDS in Minnesota (as reported by the Minnesota Department of Health as of December 31, 2001).

Our membership has continued to grow, adding 137 members in 2001 — an average of 11-12 new members per month. The Minnesota Department of Health reports that the number of new HIV (non-AIDS) cases has remained steady at just under 200 cases per year since the mid-1990s. So, The Aliveness Project seems to be attracting a large percentage of these new cases of HIV infection in Minnesota.

MEMBERSHIP INFORMATION	
Total Number of Active Members at end of 2001:	1,239
Deceased Members (during 2001):	33
Number of New Members Added in 2001:	137
Number of Members Who Received Services in 2001:	831
Percentage of Service Recipients Who Have HIV Infection (without AIDS diagnosis):	47%
Percentage of Service Recipients Who Have AIDS Diagnosis	53%

Although 33 of our members died during 2001, many people living with HIV/AIDS continue to live much longer as a result of new treatments introduced in 1995 (protease inhibitors) and 1996 (highly active antiretroviral therapy, HAART).

According to the Minnesota Department of Health, there are 4,331 identified individuals living with HIV/AIDS in Minnesota (as of December 31, 2001). Of these individuals, there are 2,574 (59%) are living with HIV (non-AIDS) and 1,757 (41%) have an AIDS diagnosis. So, compared to these statistics, a higher percentage of people who use our services have an AIDS diagnosis.

Over the past few years, our membership has become more diverse. On the following pages you find highlights of the various demographics of our members as reported at the end of 2001. Please keep in mind that these statistics are constantly fluctuating with our growing membership.

The number of unduplicated HIV-infected individuals receiving services from The Aliveness Project has increased during the past few years:

	1997	1998	1999	2000	2001
Unduplicated Individuals Receiving Services:	469	465	740	759	831
Percentage Increase Over Previous Year:	NA	-0.9%	+59%	+3%	+9.5%

The demographics of our membership continues to closely match the overall demographics of people living with HIV/AIDS in Minnesota in terms of percentage of men and women:

GENDER		
	Percentage of Aliveness Service Population	Percentage of HIV-infected Minnesotans
Males	78%	81%
Females	22%	19%

The Aliveness Project continues to serve a large percentage of people of color. Almost half (45%) of the people who used at least one of The Aliveness Project's programs in 2001 were people of color. This trend reflects the overall racial demographics of the HIV/AIDS epidemic; this percentage, however, is slightly larger than the percentage of HIV-infected people of color (39%) in Minnesota (as reported by the Minnesota Department of Health).

RACE / ETHNICITY		
	Percentage of Aliveness Service Population	Percentage of HIV-infected Minnesotans
Caucasian	53.5%	60.3%
African American	33.5%	29.8%
Hispanic	4.1%	6.0%
American Indian	7.1%	2.0%
Asian / Pacific Islander	0.6%	1.1%
Other / Unknown	1.2%	0.7%

Similar to racial demographics, the age of the people served by The Aliveness Project closely mirrors the ages of our statewide epidemic, as noted below:

AGE DEMOGRAPHICS		
	Percentage of Aliveness Service Population	Percentage of HIV-infected Minnesotans
< 13	0.1%	0.7%
13-19	0.4%	0.6%
20-29	7.6%	8.4%
30-39	39.8%	37.9%
40-49	38.4%	37.7%
> 50	13.7%	14.5%
Unknown	0.0%	0.2%

Most of our members live on a limited household income. Almost two-thirds of the people served by The Aliveness Project have incomes that fall within the Federal Poverty Level.

Most of the remainder fall within 300% of the Federal Poverty Level (a percentage used by many social service and government programs to reflect the minimum annual incomes for single-member households estimated necessary to meet the current costs of housing and other basic needs).

INCOME	
Income Less Than or Equal to Federal Poverty Level*:	61%
Income Greater Than Federal Poverty Level But Less Than 300%**:	38%
Income Greater Than 300%** of Federal Poverty Level:	1%

**\$8,860 represents the 2002 Federal Poverty Level (annual income) for a single individual.*

***\$26,580 represents 300% of the 2002 Federal Poverty Level (annual income) for a single individual.*

In 2001, approximately 14% of our service recipients had at least one child living with them (for more than 20 hours per week):

CHILDREN LIVING WITH CLIENT (more than 20 hours per week)		
Number of Children	Number of Aliveness Service Population	Percentage of Aliveness Service Population
None	664	79.9%
One	48	5.8%
Two	34	4.1%
Three	22	2.6%
Four or More	14	1.7%
Unknown	49	5.9%
Total:	831	100.0%

Two-thirds of members served by The Aliveness Project live in Hennepin County, and most of the remaining members live in other parts of the seven-county Twin Cities metropolitan area. About 7% of our service recipients live in outstate Minnesota or in Wisconsin.

This is similar to the overall demographics for Minnesota (89% of HIV-infected Minnesotans live in the Twin Cities area).

COUNTY OF RESIDENCE	
Hennepin County	74.8%
Ramsey County	14.1%
Anoka County	1.8%
Dakota County	1.3%
Washington County	0.8%
Carver County	0.1%
Scott County	0.0%
Outstate Minnesota	6.4%
Wisconsin	0.6%

ALIVENESS PROJECT PROGRAMS AND SERVICES

ON-SITE MEALS PROGRAM

The on-site meals program continues to be the cornerstone of services provided by The Aliveness Project. Many of our members have limited incomes, so our on-site meals help our members maintain a balanced diet and good health.

The program provides a high level of nutrition to diners. Our weekly menu is reviewed by a nutritionist to make sure that each meal provides adequate nutritional value. Good nutrition is especially important for HIV-infected individuals; it helps maintain a healthy immune system and improves the effectiveness of their treatments.

Our cafeteria serves lunch six days a week (Monday—Saturday) and supper on Tuesdays, Wednesdays and Thursdays. To access this program, an HIV-infected person must enroll as a member. Members may bring children, family members or friends, who are registered as guests; we request a suggested donation to pay the costs of guest meals.

As noted below, in 2001 our On-site Meals Program provided more than 21,000 meals and served 806 unduplicated HIV-infected members.

ON-SITE MEAL PROGRAM	2001 Totals
Unduplicated Members Served	806
Total Meals Served	21,197
Member Meals	17,789
Guest Meals	3,408

FOOD SHELF PROGRAM

Along with our On-site Meals Program, our Food Shelf Program helps supply additional food resources to our members on a monthly basis.

Members may use our Food Shelf Program on a monthly basis. During 2001, we filled an average of 131 Food Shelf appointments per month — serving approximately 294 total people per month.

Each monthly food shelf service contains about 35 pounds of food, providing a supply a member with four to five days of food.

Listed below are some additional Food Shelf Program statistics from 2001:

FOOD SHELF PROGRAM	2001 Totals
Number of Appointments	1,570
Individuals Served	3,053
Unduplicated Individuals	429
Pounds Distributed	55,444
Holiday Baskets (in pounds)	5,625
Total Pounds Distributed (with Holiday Basket Program)	61,069

HOLIDAY BASKET PROGRAM

Our Holiday Basket Program is a special program that The Aliveness Project coordinates to provide year-end Holiday baskets for our members and other HIV-infected people living in Minnesota and western Wisconsin. Each basket contains presents for the individual and family members, as well as food products.

HOLIDAY BASKET PROGRAM	2001 Totals
Number of Holiday Baskets	583
Number of Adult Males Served	610
Number of Adult Females Served	296
Number of Children Served	527
Total Number of People Served	1,433

COMPLEMENTARY CARE PROGRAM

One of The Aliveness Project's most unique programs is our Complementary Care Program. Through this program the following treatments are provided:

- *Acupuncture*
- *Chiropractic Treatments*
- *Massage*
- *Reiki*
- *Shiatsu*

Each of these therapies complement the more traditional treatments that HIV-infected individuals must use to control the symptoms of this disease and decrease the side effects of medications.

This is a popular program—serving more than 250 unduplicated individuals and providing an average of 200 therapy appointments each month. Regular, on-going outcome evaluations have shown that most participants feel better after just a dozen therapy sessions.

In 2001, we received notice of possible loss of Ryan White Care Funding for the Complementary Care Program. In early 2002, however, Hennepin County informed us that this funding was continued for the next fiscal year (March 2002—February 2003).

COMPLEMENTARY CARE PROGRAM	2001 Totals
Number of Acupuncture Appointments:	518
Number of Massage (including Chiropractic, Reiki, Shiatsu and other treatments):	1,821
Total Number of Appointments:	2,339
Unduplicated Individuals Served:	259

CARE ADVOCACY

In July 2001, we received a grant through the Department of Human Services to start a new Care Advocacy Program at The Aliveness Project. The Care Advocacy Program is meant to provide advocacy services for members who do not have a case manager and who need short-term assistance related to finding housing, financial assistance, or other basic social services. Due to staff changes, this program really did not become active until October 2002.

EDUCATIONAL RESOURCES

The Aliveness Project offers additional services to help our members be as educated and self-sufficient as possible. Our Resource Library remains one of the largest HIV/AIDS libraries in Minnesota. Designed to provide the latest information regarding treatments and research at no cost, it receives a great deal of attention from our members.

Our Library also offers Internet access for members who want to research medical and treatment information available on the World Wide Web. Internet classes are offered on a monthly basis, too. In 2001, we tracked 107 unduplicated individuals who used this service (though, because not everyone who uses this service consistently signs up for it, we think that this statistic does not accurately reflect the actual total number of people).

In addition to these resources, our Aliveline newsletter regularly includes a wide variety of useful information about the latest treatments and other resources related to HIV/AIDS. At the end of 2001, approximately 2,200 individuals and organizations were recipients of our monthly newsletter.

OTHER PROGRAMS

Although the programs listed above represent the majority of our day-to-day operations, there are many other smaller programs that provide services at The Aliveness Project. Some of these services are coordinated by our staff and volunteers; other services are provided by other community organizations that use our facility.

Listed below are some of these programs and services:

- ***Support Groups*** (*Straight To The Point, Alcoholics Anonymous, Hepatitis C Support Group, etc.*)
- ***Crafts Group***
- ***Veterinary Services***
- ***Nutritional Counseling Services***
- ***Case Management Programs***
- ***Ryan White Planning Council: HIV+ Committee and other committees***
- ***HIV/AIDS Educational Sessions***
- ***Opportunities for Free Access To Social Events*** (*theatre performances, concerts, etc.*)

VOLUNTEER SERVICES

Volunteers are essential to all the services provide by The Aliveness Project. Without our cadre of talented, dedicated volunteers, we would cease to function.

Each year, hundreds of individuals and community group members, as well as many of our HIV-infected members, volunteer thousands of hours to help support the many services provided by The Aliveness Project.

In 2001, volunteers at The Aliveness Project provided:

- ***3,000+ hours in the On-site Meals Program***
- ***2,000+ hours at the Reception Desk***
- ***1,000+ hours in the Food Shelf Program***
- ***700+ hours preparing The Aliveline for mailing***
- ***600+ hours executing the 7th Annual Dining Out For Life fundraiser event***

It is nearly impossible to estimate the hours contributed to our Holiday Basket Program last year. In addition to the hundreds of volunteer hours spent working on-site at The Aliveness Project, countless individuals gave generously of their time by baking cookies, making quilts, shopping for gifts, and delivering baskets.

Throughout 2001, several hundred additional hours of volunteer service were provided by groups, including:

- ***American Red Cross, Rochester Chapter***
- ***The Breck School***
- ***Buena Vista College***
- ***Coe College***
- ***Northwest YMCA***
- ***Northwestern University***
- ***Shepherd of the Lake Lutheran Church, Guide Groups***
- ***Southdale YMCA***
- ***University of Illinois***
- ***Vanderbilt University***

Thanks to everyone who has volunteered their time and to those who have made financial or in-kind donations to The Aliveness Project during 2001! You helped to make all these services and programs possible — meeting the needs of people living with HIV/AIDS in our community and state!