

# **2003 ANNUAL REPORT**



**The Aliveness Project**  
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**Minneapolis, MN 55407**

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

## **2003: THE YEAR IN REVIEW**

It's hard to believe that more than 2 years have passed since I was hired as the Executive Director of The Aliveness Project! Since then, I continue to be amazed at the vast array of services provided by The Aliveness Project!

During 2003, The Aliveness Project experienced a year of continued growth. In March 2002, we held our 9<sup>th</sup> annual Dining Out for Life, which was the most successful one ever — raising \$29, 500! This year, along with eight other AIDS service organizations, we held our first Minnesota Red Ribbon Ride, which was held in July 2002 and raised a total of \$381,000 from the event!

Gaming operations continued to provide ongoing support during 2003: \$27,000 was donated back to The Aliveness Project for the entire year. As Executive Director, I express my sincere thanks to 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.

Last year, Target Corporation provided the funding and support for the renovation of our dining room (which began in January and was completed in April 2003). I want to express my deep gratitude to all the members and volunteers who have been involved with this ongoing project!

The Holiday Baskets Program was very busy in 2003. We received applications for a record number of 676 baskets for 1,550 individuals, including almost 600 children. Extensive use of volunteers and solicitation of donations helped make this project a success.

In addition to all this, The Aliveness Project's membership has continued to grow — reaching a total of 1,500 active members at the end of 2003. 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, volunteers and staff for everything that we have together accomplished in the past year! 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 letters of each name being capitalized and prominent.

Joseph A. Larson  
Executive Director

# **The Aliveness Project**

## **BOARD OF DIRECTORS**

**May 2003 — May 2004**

<u><i>Name</i></u>	<u><i>Position</i></u>
<b>Ken Eppich</b>	<i>President</i>
<b>Lisa Boone</b>	
<b>Deb Cohen</b>	
<b>Max Fallek</b>	
<b>N. William Fehrenbach</b>	<i>Vice President</i>
<b>Girard Griggs</b>	
<b>Joe A. Larson</b>	<i>Executive Director</i>
<b>Barbara Satin</b>	<i>Treasurer</i>
<b>Joseph G. Smith, Jr.</b>	
<b>Scott Schlaffman</b>	<i>Secretary</i>
<b>Ralph Thorsgaard</b>	<i>Second Vice-President &amp; MAC President</i>
<b>Edward Yort</b>	

## **MEMBERSHIP ADVISORY COMMITTEE**

**May 2003 — May 2004**

**Ralph Thorsgaard, *President***  
**Andy Ansell**  
**Pam Benson**  
**Dan Cashman**  
**Dean Halland**  
**David Hanson**  
**Randy Hornstine**  
**Tom Johnson**  
**Russ Lovaasen**  
**Paul Nielsen**  
**Theodore Pineger**  
**Tedd Richardson**  
**Scott Schlaffman, *Secretary***  
**Steve Wolfgram**

## **MEMBERSHIP DEMOGRAPHICS**

The Centers for Disease Control & Prevention (CDC) estimates that there are 800,000 to 900,000 people currently living with HIV/AIDS in the United States. The number of people specifically living with an AIDS diagnosis has been increasing in recent years: from approximately 290,400 in 1998 to approximately 384,900 in 2002.

According to the Minnesota Department of Health, since the beginning of the HIV epidemic in 1981, 7,356 total cases of HIV infection have been reported in Minnesota. An estimated 4,895 of those people are known to be currently living with HIV in Minnesota, a 6.5% increase from 2002. Of these individuals, there are 2,880 (58.8%) are living with HIV (non-AIDS) and 2,015 (41.2%) have an AIDS diagnosis.

The Minnesota Department of Health reports that 366 Minnesotans were newly diagnosed with HIV infection in 2003—an increase of 7.9% from the previous year. While the number of HIV (non-AIDS) diagnoses has remained steady since the mid-1990s at just under 200 cases per year, both the number of newly diagnosed AIDS cases and the number of deaths among AIDS cases have been declining since 1996. The decreases are primarily due to the success of new treatments introduced in 1995 (protease inhibitors) and 1996 (highly active antiretroviral therapy or HAART). These treatments do not cure, but can delay progression to AIDS among persons with HIV (non-AIDS) infection and improve survival among those with AIDS.

Between 1990 and 2003, the number of foreign-born persons living with HIV/AIDS in Minnesota increased substantially, especially among the African-born population. In 1990, 51 foreign-born persons were reported to be living with HIV/AIDS in Minnesota, and by 2002 this number had increased ten-fold to 550 persons. In 2003, the total number of foreign-born persons living with HIV/AIDS was 660, a 20% increase from 2002.

Since its founding in 1985, The Aliveness Project has served an increasingly number of people living with HIV/AIDS. In 2003 our active membership reached an all-time high of 1,500 at the end of 2003. In effect, our active membership represents 31% of the total number of individuals living with HIV/AIDS in Minnesota, as reflected below:

<b>PEOPLE LIVING WITH HIV &amp; AIDS (as of December 31, 2003)</b>						
	<b>Number of Aliveness Active Members</b>	<b>% of Aliveness Active Members</b>	<b>Number of Aliveness Program Recipients</b>	<b>% of Aliveness Program Recipients</b>	<b>Number of HIV-infected Minnesotans</b>	<b>Percentage of HIV-infected Minnesotans</b>
<b>Individual with HIV Infection (without AIDS diagnosis):</b>	<b>954 *</b>	<b>63.6%</b>	<b>607</b>	<b>64.8%</b>	<b>2,880</b>	<b>58.8%</b>
<b>Individuals with AIDS Diagnosis:</b>	<b>519 *</b>	<b>34.6%</b>	<b>328</b>	<b>35.0%</b>	<b>2,015</b>	<b>41.2%</b>
<b>Don't Know AIDS Diagnosis:</b>	<b>27</b>	<b>1.8%</b>	<b>2</b>	<b>0.2%</b>	<b>0</b>	<b>0%</b>
<b>TOTALS:</b>	<b>1,500 *</b>	<b>100.0%</b>	<b>937</b>	<b>100.0%</b>	<b>4,895</b>	<b>100.0%</b>

*\* Statistics from Members may reflect status at date of application.*

During 2003, our membership continued to grow, adding 157 members in 2003 — an average of 13 new members per month (from 1,374 at the end of 2002 to 1,500 at the end of 2003).

<b>2003 MEMBERSHIP INFORMATION</b>		
	<b>Number</b>	<b>% of Members</b>
<b>Number of Active Members at end of 2003:</b>	<b>1,500</b>	<b>--</b>
<b>New Members Added in 2003:</b>	<b>157</b>	<b>11.4 % Increase</b>
<b>Net Increase of Members in 2003:</b>	<b>126</b>	<b>9.2 % Increase</b>
<b>Number of Members Receiving Services:</b>	<b>937</b>	<b>62.5%</b>
<b>Deceased Members (during 2003):</b>	<b>20</b>	<b>1.3%</b>

Since 1981, 2,247 AIDS-related deaths have been reported in Minnesota (54 deaths were reported during 2003). Although 20 of our members died during 2003, 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).

In the past six years, the number of people served each year by The Aliveness Project has almost doubled, with an 4.1% increase in 2003, as noted below:

	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>
<b>Unduplicated Individuals Receiving Services:</b>	<b>469</b>	<b>465</b>	<b>740</b>	<b>759</b>	<b>831</b>	<b>900</b>	<b>937</b>
<b>Percentage Increase Over Previous Year:</b>	<b>NA</b>	<b>- 0.9%</b>	<b>+ 59%</b>	<b>+ 3%</b>	<b>+ 9.5%</b>	<b>+ 8.3%</b>	<b>+ 4.1%</b>

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 2002. Please keep in mind that these statistics are constantly fluctuating with our growing membership. 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:

<b>GENDER</b>						
	<b># of A.P. Active Members</b>	<b>% of A.P. Active Members</b>	<b># of A.P. Service Recipients</b>	<b>% of A.P. Service Recipients</b>	<b>Number of HIV-infected Minnesotans</b>	<b>% of HIV-infected Minnesotans</b>
<b>Males</b>	<b>1,197</b>	<b>79.8%</b>	<b>736</b>	<b>78.5%</b>	<b>3,891</b>	<b>79.5%</b>
<b>Females</b>	<b>300</b>	<b>20.0%</b>	<b>198</b>	<b>21.1%</b>	<b>1,004</b>	<b>20.5%</b>
<b>Transgender</b>	<b>3</b>	<b>0.2%</b>	<b>3</b>	<b>0.3%</b>	<b>NA</b>	<b>NA</b>

The Aliveness Project continues to serve a large percentage of people of color. About 36% of The Aliveness Project's members are people of color. This trend reflects the overall racial demographics of the HIV/AIDS epidemic (40%) in Minnesota (as reported by the Minnesota Department of Health).

<b>RACE / ETHNICITY</b>					
	<b># of A.P. Members</b>	<b>% of A.P. Members</b>	<b># of HIV-infected Minnesotans</b>	<b>% of HIV-infected Minnesotans</b>	<b>HIV/AIDS Prevalence Rates (per 100,000)</b>
<b>Caucasian</b>	<b>956</b>	<b>63.7%</b>	<b>2,817</b>	<b>57.5%</b>	<b>65.2</b>
<b>Black / African American</b>	<b>429</b>	<b>28.6%</b>	<b>1,137</b>	<b>23.2%</b>	<b>415.4</b>
<b>Black / African-Born</b>	<b>23</b>	<b>1.5%</b>	<b>419</b>	<b>8.6%</b>	<b>400-568</b>
<b>Hispanic *</b>	<b>70</b>	<b>4.7%</b>	<b>332</b>	<b>6.8%</b>	<b>231.5</b>
<b>Native American/ American Indian</b>	<b>40</b>	<b>2.7%</b>	<b>98</b>	<b>2.0%</b>	<b>120.9</b>
<b>Asian / Pacific Islander</b>	<b>7</b>	<b>0.5%</b>	<b>65</b>	<b>1.3%</b>	<b>38.6</b>
<b>Other / Multi-racial</b>	<b>21</b>	<b>1.4%</b>	<b>27</b>	<b>0.6%</b>	<b>x</b>
<b>Unknown</b>	<b>24</b>	<b>1.6%</b>	<b>0</b>	<b>0.0%</b>	<b>x</b>
<b>TOTALS:</b>	<b>1,500</b>	<b>100.0%</b>	<b>4,895</b>	<b>100.0%</b>	<b>99.5</b>

*\* Note: Hispanics are actually classified as ethnicity (Hispanics are from a variety of racial groups), so the totals of A.P. members reflect this distinction.*

During the past couple years, we have experienced an increasing number of African-born immigrants and Hispanic immigrants who are using our services. This reflects the growing number of HIV-infected people from these groups who are living in Minnesota. Listed below are some statistics for these populations:

	<b>African-Born</b>	<b>Hispanic Foreign-Born</b>	<b>Asian Foreign-Born</b>	<b>Other Foreign-Born</b>	<b>TOTALS</b>
<b>% of AP Members:</b>	<b>23</b>	<b>26</b>	<b>3</b>	<b>2</b>	<b>54</b>
<b># of AP Members:</b>	<b>1.5%</b>	<b>1.7%</b>	<b>0.2%</b>	<b>0.1%</b>	<b>3.6%</b>
<b>% of AP Program Recipients</b>	<b>20</b>	<b>22</b>	<b>3</b>	<b>2</b>	<b>47</b>
<b>% of AP Program Recipients</b>	<b>2.1%</b>	<b>2.3%</b>	<b>0.3%</b>	<b>0.2%</b>	<b>5.0%</b>

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

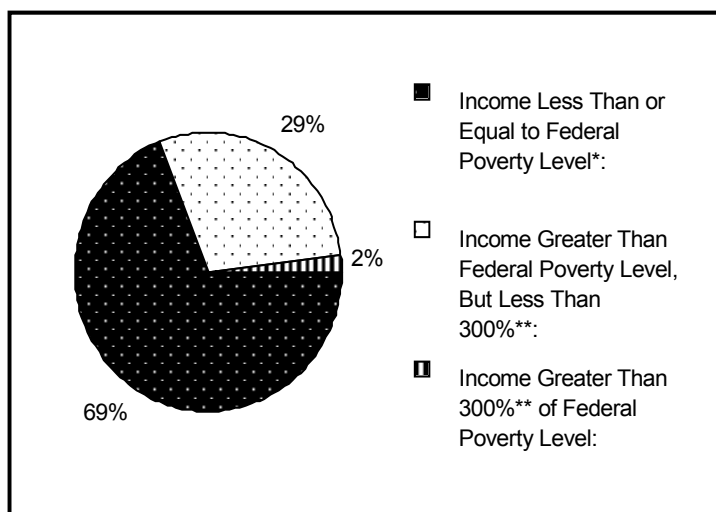
<b>AGE</b>				
<b>Age</b>	<b># of AP Members</b>	<b>% of AP Members</b>	<b># of HIV-infected Minnesotans</b>	<b>% of HIV-infected Minnesotans</b>
<b>&lt;13 yrs</b>	<b>3</b>	<b>0.2%</b>	<b>35</b>	<b>0.7%</b>
<b>13-19 yrs</b>	<b>8</b>	<b>0.5%</b>	<b>28</b>	<b>0.6%</b>
<b>20-24 yrs</b>	<b>23</b>	<b>1.5%</b>	<b>131</b>	<b>2.7%</b>
<b>25-29 yrs</b>	<b>63</b>	<b>4.2%</b>	<b>273</b>	<b>5.6%</b>
<b>30-34 yrs</b>	<b>142</b>	<b>9.5%</b>	<b>575</b>	<b>11.8%</b>
<b>35-39 yrs</b>	<b>336</b>	<b>22.4%</b>	<b>1,002</b>	<b>20.5%</b>
<b>40-44 yrs</b>	<b>370</b>	<b>24.7%</b>	<b>1,172</b>	<b>24.0%</b>
<b>45-49 yrs</b>	<b>265</b>	<b>17.7%</b>	<b>772</b>	<b>15.8%</b>
<b>50-54 yrs</b>	<b>147</b>	<b>9.8%</b>	<b>491</b>	<b>10.0%</b>
<b>55-59 yrs</b>	<b>77</b>	<b>5.1%</b>	<b>258</b>	<b>5.3%</b>
<b>60+ yrs</b>	<b>42</b>	<b>2.8%</b>	<b>150</b>	<b>3.1%</b>
<b>Unknown</b>	<b>24</b>	<b>1.6%</b>	<b>0</b>	<b>0.0%</b>
<b>Totals:</b>	<b>1,500</b>	<b>100.0%</b>	<b>4,887</b>	<b>100.0%</b>

Similar to these statistics, the mode of HIV exposure of our members is similar to our statewide epidemic — with the exception of heterosexual-related cases, which are reported much higher among our members:

<b>MODE OF EXPOSURE</b>				
	<b>Number of Aliveness Members</b>	<b>% of Aliveness Members</b>	<b>Total HIV/AIDS Cases in MN</b>	<b>% of HIV/AIDS Cases in MN</b>
<b>Men Who Have Sex with Men</b>	<b>787</b>	<b>52.5%</b>	<b>2,649</b>	<b>54.1%</b>
<b>Heterosexual</b>	<b>377</b>	<b>25.1%</b>	<b>565</b>	<b>12.0%</b>
<b>Injecting Drug Use</b>	<b>92</b>	<b>6.1%</b>	<b>393</b>	<b>8.0%</b>
<b>MSM / IDU</b>	<b>33</b>	<b>2.2%</b>	<b>259</b>	<b>5.0%</b>
<b>Perinatal</b>	<b>6</b>	<b>0.4%</b>	<b>43</b>	<b>1.0%</b>
<b>Other</b>	<b>41</b>	<b>2.7%</b>	<b>56</b>	<b>1.0%</b>
<b>Refused / Unspecified</b>	<b>35</b>	<b>2.3%</b>	<b>393</b>	<b>8.0%</b>
<b>Unknown</b>	<b>155</b>	<b>10.3%</b>	<b>537</b>	<b>11.0%</b>
<b>TOTALS</b>	<b>1,500</b>	<b>100.0%</b>	<b>4,895</b>	<b>100.0%</b>

Most of our members live on a limited household income. 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 income for households estimated necessary to meet the current costs of housing and other basic needs).

<b>ANNUAL INCOME</b>		
<b>Income Less Than or Equal to Federal Poverty Level*:</b>	<b>876</b>	<b>69%</b>
<b>Income Greater Than Federal Poverty Level, But Less Than 300%**:</b>	<b>365</b>	<b>29%</b>
<b>Income Greater Than 300%** of Federal Poverty Level:</b>	<b>24</b>	<b>2%</b>
<b>Note: Annual Income Not Recorded for 235 Active Members.</b>		



\*\$9,310 represents the 2004 Federal Poverty Level (annual income) for a single individual.

\*\*\$27,930 represents 300% of the 2004 Federal Poverty Level (annual income) for a single individual.

Approximately 10% of our active members report that they had no health insurance at the time of their intake (about 6% were "unknown" — many of which may not have had insurance, too.)

Type of Health Insurance	# of AP Members	% of AP Members
<b>Private</b>	<b>1,097</b>	<b>73%</b>
<b>Medicare</b>	<b>35</b>	<b>2%</b>
<b>Medicaid</b>	<b>54</b>	<b>4%</b>
<b>Other Public</b>	<b>67</b>	<b>5%</b>
<b>Other Insurance</b>	<b>6</b>	<b>0%</b>
<b>No Insurance</b>	<b>155</b>	<b>10%</b>
<b>Unknown</b>	<b>86</b>	<b>6%</b>
	<b>1,500</b>	<b>100%</b>

Approximately 18% of our active members report that at least one child living with them:

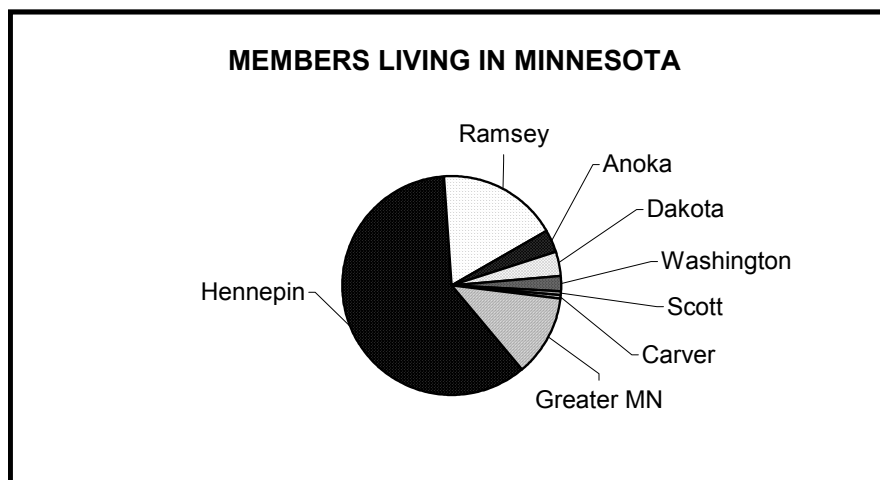
Number of Children Living With Members (More than 20 hours/week)	Number of Aliveness Members	Percentage of Aliveness Members
<b>None</b>	<b>1,184</b>	<b>78.9%</b>
<b>One</b>	<b>93</b>	<b>6.2%</b>
<b>Two</b>	<b>86</b>	<b>5.7%</b>
<b>Three</b>	<b>48</b>	<b>3.2%</b>
<b>Four or More</b>	<b>35</b>	<b>2.3%</b>
<b>Unknown</b>	<b>54</b>	<b>3.6%</b>
<b>Total:</b>	<b>1,500</b>	<b>100.0%</b>



Almost three-fourths of our members live in Hennepin County, and 92% of our members live in the seven-county Twin Cities metropolitan area. About 6% of our service recipients live in Greater Minnesota, in western Wisconsin, or northern Iowa.

This is similar to the overall demographics for Minnesota (88% of HIV-infected Minnesotans live in the Twin Cities area). Our members make up 30% of people living with HIV in our state.

<b>COUNTY OF RESIDENCE</b>	<b>Number of Active Members</b>	<b>% of Total Active Members</b>	<b>% of Active Members in MN</b>	<b>Number of HIV/AIDS Cases in MN</b>	<b>% of HIV/AIDS Cases in MN</b>
<b>Hennepin</b>	<b>1,103</b>	<b>73.5%</b>	<b>75.8%</b>	<b>2,930</b>	<b>60.1%</b>
<b>Ramsey</b>	<b>209</b>	<b>13.9%</b>	<b>14.4%</b>	<b>858</b>	<b>17.6%</b>
<b>Dakota</b>	<b>26</b>	<b>1.7%</b>	<b>1.8%</b>	<b>181</b>	<b>3.7%</b>
<b>Anoka</b>	<b>22</b>	<b>1.5%</b>	<b>1.5%</b>	<b>160</b>	<b>3.3%</b>
<b>Washington</b>	<b>17</b>	<b>1.1%</b>	<b>1.2%</b>	<b>109</b>	<b>2.2%</b>
<b>Carver</b>	<b>4</b>	<b>0.3%</b>	<b>0.3%</b>	<b>26</b>	<b>0.5%</b>
<b>Scott</b>	<b>3</b>	<b>0.2%</b>	<b>0.2%</b>	<b>32</b>	<b>0.7%</b>
<b>Greater Minnesota</b>	<b>71</b>	<b>4.7%</b>	<b>4.9%</b>	<b>577</b>	<b>11.8%</b>
<b>TOTAL MN RESIDENTS:</b>	<b>1,455</b>	<b>97.0%</b>	<b>100.0%</b>	<b>4,873</b>	<b>100.0%</b>
<b>Pierce - Wisconsin</b>	<b>1</b>	<b>0.1%</b>		<b>NA</b>	<b>NA</b>
<b>St. Croix - Wisconsin</b>	<b>1</b>	<b>0.1%</b>		<b>NA</b>	<b>NA</b>
<b>Other Counties in Wisc.</b>	<b>8</b>	<b>0.5%</b>		<b>NA</b>	<b>NA</b>
<b>Iowa</b>	<b>2</b>	<b>0.1%</b>		<b>NA</b>	<b>NA</b>
<b>North Dakota</b>	<b>0</b>	<b>0.0%</b>		<b>NA</b>	<b>NA</b>
<b>South Dakota</b>	<b>0</b>	<b>0.0%</b>		<b>NA</b>	<b>NA</b>
<b>Unknown</b>	<b>33</b>	<b>2.2%</b>		<b>NA</b>	<b>NA</b>
<b>TOTAL</b>	<b>1,500</b>	<b>100%</b>		<b>NA</b>	<b>NA</b>



# **THE ALIVENESS PROJECT'S 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 them maintain a balanced diet and good health. The program provides a high level of nutrition to diners. A nutritionist reviews our weekly menu 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 2003 our On-site Meals Program provided over 25,000 meals (13% more than the previous year!) and served 805 unduplicated HIV-infected members.

<b>ON-SITE MEAL PROGRAM</b>	<b>2003 Totals</b>
<b>Unduplicated Members Served</b>	<b>805</b>
<b>Total Meals Served</b>	<b>25,358</b>
<b>Member Meals</b>	<b>22,146</b>
<b>Guest (Adults) Meals</b>	<b>2,850</b>
<b>Guest (Children) Meals</b>	<b>362</b>

## **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 2003, we filled an average of 165 Food Shelf appointments per month — an increase of 18% more than the previous year! — and served approximately 297 total people per month. Each monthly 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 2003:

<b>FOOD SHELF PROGRAM</b>	<b>2003 Totals</b>
<b>Number of Appointments</b>	<b>1,978</b>
<b>Unduplicated Members Served</b>	<b>512</b>
<b>Total Household Members Served</b>	<b>3,558</b>
<b>Pounds Distributed</b>	<b>72,033</b>
<b>Holiday Baskets (in pounds)</b>	<b>3,000</b>
<b>Total Pounds Distributed (with Holiday Basket Program)</b>	<b>75,033</b>

## **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.

<b>HOLIDAY BASKET PROGRAM</b>	<b>2003 Totals</b>	<b>% of Total</b>
Number of Applicants for Holiday Baskets	<b>677</b>	<b>100%</b>
Number of Aliveness Project Members	<b>488</b>	<b>72.1%</b>
Number of HIV-infected Non-members	<b>189</b>	<b>27.9%</b>
Number of Baskets for Greater Minnesota	<b>62</b> (to 137 People)	<b>4%</b> (9% of Total People)
Number of Adult Males Served	<b>637</b>	<b>41.0%</b>
Number of Adult Females Served	<b>325</b>	<b>21.1%</b>
Number of Children Served	<b>591</b>	<b>37.9%</b>
Total People in Households Service	<b>1,553</b>	<b>100%</b>

## **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, and other body treatments. Each of these therapies complements 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 a total of 288 unduplicated individuals and providing an average of 323 monthly appointments last year. Regular, on-going outcome evaluations have shown that most participants feel better after just a dozen therapy sessions.

<b>COMPLEMENTARY CARE PROGRAM</b>	<b>2003 Totals</b>
Number of Appointments Provided by Contract Therapists:	<b>1,919</b>
Number of Appointments Provided by Acupuncture School (Northwestern Health Sciences University)	<b>456</b>
Number of Appointments Provided by Volunteer Therapists:	<b>1,647</b>
Total Number of Appointments:	<b>3,878</b>
Unduplicated Individuals Served:	<b>288</b>

## **CARE ADVOCACY**

We also have a grant through the Department of Human Services for 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.

<b>CARE ADVOCACY PROGRAM</b>	<b>2003 Totals</b>
<b>Number of Encounters:</b>	<b>169</b>
<b>Unduplicated Individuals Served:</b>	<b>88</b>

## **HIV PREVENTION PROGRAM**

Beginning in January 2003, we received a new three-year grant through the Minnesota Department of Health. This grant provides funding for HIV prevention services for our HIV-infected members and their sexual and/or injection drug using (IDU) partners.

The name of the program is Positively Alive and last year offered outreach services (which included distribution of condoms, safer sex kits, and bleach kits), individual interventions sessions, and small group sessions. Last year, this program served

<b>HIV PREVENTION PROGRAM</b>	<b>2003 Totals: Number of Sessions</b>	<b>2003 Totals: Unduplicated Individuals</b>
<b>Outreach Interventions</b>	<b>1,176</b>	<b>877 (est.)</b>
<b>Individual Level Interventions</b>	<b>195</b>	<b>105</b>
<b>Group Sessions</b>	<b>69</b>	<b>185</b>

## **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 2003, we tracked 157 unduplicated individuals who used this service during 1,398 sessions (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 our programs, treatments and other resources related to HIV/AIDS. At the end of 2003, approximately 2,150 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, etc.*)
- ***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**

The generosity and caring of our amazing team of volunteers is truly the “Spirit of The Aliveness Project.” In 2003, more than 500 individuals and many community groups provided an estimated total of at least 11,000 hours of service to support the work of The Aliveness Project.

Our volunteers include:

- both Aliveness Project members and non-members who have a particular concern for people living with HIV/AIDS;
- people of a wide range of ages — from young children to senior citizens;
- mostly residents of the Twin Cities — however, some volunteers travel from Bemidji, Rochester, eastern Wisconsin, and even New York City to lend a helping hand;
- Individuals from all over the world: Cameroon, China, India, Liberia, Mexico, Spain, and Venezuela – in addition to the USA – are their home countries.

Volunteers play a vital role at The Aliveness Project at all levels of our organization and programs, including:

- Board of Directors
- Complementary Therapies
- Concert
- Dining Out For Life
- Food Drives
- Food Shelf
- GLBT Pride Booth
- HIV Community Picnic
- Holiday Baskets
- Halloween Party
- Housekeeping and Maintenance
- Kitchen Helpers
- Library
- Mailings
- Membership Advisory Committee (MAC)
- Newsletter (writing/editing)
- Reception Desk
- Renovation Improvement Team (RIT)

The Value of Volunteers:

- For the year 2003, *Independent Sector* has assigned a value to volunteer time of \$17.19 per hour.
- The net result: our volunteers’ efforts last year (at least 11,000 volunteer hours) have an estimated cash value of more than \$190,000.00! We would need to increase our operating budget by at least 40% annually or hire 5-6 full-time staff to complete the volunteer work of these committed individuals and groups!

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***Thanks to everyone who has volunteered their time and to those who have made financial or in-kind donations to The Aliveness Project during 2003!***

***You have helped make it possible for The Aliveness Project to continue serving the needs of people living with HIV/AIDS in our community and state!***

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Anne Coleman  
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Larry Melquist  
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W. H. Patterson  
S.R. Peters & Phillis Taylor  
Stella Peterson  
David Phillips  
Dale, Wanda and Lois Platt  
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Sue Schmidt  
Paul Schneider  
Heidi Schreiber  
Leanne Schumacher

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Stephen Shepard  
Todd Shipman & Brad  
Bernstein  
Kathy Shish  
Sarla Siluk & Scott Hanson  
Linda Slarks  
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Jennifer Song  
Kevin Stotesbery  
Kristi Stratton & Gail Sullivan  
Thomas W. Sullivan  
Janelle Tadlock  
Bill & Barb Taylor  
Pat and Harry Theilen  
Kristen Thompson & Erica  
Noström  
Anthony Tuchscher  
& James Klahr  
Gerry Tyrrell  
Kathleen Vader \*  
Kate Varnes  
Cathy Vilas  
Steve Virnig  
Jessica Warner  
Bernice Webb  
Beth Werner  
Dean & Theresa Westerlund  
Gwen Whittemore  
Michael Wysocki  
Peter Zeffel & Peggy  
Countryman \*  
Nan & Aurora Zosel

## **DONORS**

*The Aliveness Project acknowledges the following contributions from January 1 – December 31, 2003.  
We apologize if your name has been inadvertently missed. Thanks to everyone who made donations last year!*

### **Businesses / Organizations — Financial Gifts**

101 Blu  
128 Café  
19 Bar  
3 Muses  
Acadia Café  
All God's Children Metropolitan  
Community Church  
Allianz Life Insurance Company  
of North America  
Altria Group, Inc.  
Arezzo Ristorante  
Atlas Grill  
Atons of Minneapolis  
Auriga  
Bar Abilene  
Barbette  
Best Buy Children's Foundation  
Betsy's Back Porch Coffee Shop  
Bibelot Shops  
Birchwood Café  
The Black Guard of Minneapolis  
B'nai Emet Synagogue  
Boathouse Coffee  
Bobino Café & Starlite Lounge  
Boehringer Ingelheim  
Pharmaceuticals  
Boom! / Oddfellows  
Brass Rail  
Bryant Lake Bowl  
Buca, Inc.  
Café Brenda  
Calix Society  
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Carmelo's Ristorante  
Cecil's Deli & Restaurant  
Chet's Taverna  
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Chiang Mai Thai  
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St. Stephen's Community  
Community Health Charities  
Minnesota  
Community Solutions Fund  
Complete Oriental Medical Care  
Covenant of the Goddess  
Northern Dawn Council  
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Foundation  
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Emergency Food Shelf  
Network  
Erté  
Fair, Isaac & Company, Inc.  
The Feinstein Foundation  
First Course  
France 44 Deli & Market  
Fridley United Methodist  
Church  
Gay & Lesbian Elders Active in  
Minnesota (GLEAM)  
Gay 90's  
Giorgio on France  
Giorgio on Hennepin  
Greater Twin Cities United Way  
Hannah Circle - Central  
Lutheran Church, Winona  
Hard Rock Café  
Hennepin Avenue Methodist  
Church, Two See Couples  
Hennepin County — Ryan  
White Care Act Grant  
Hennepin County Economic  
Assistance - Team 140  
Home Depot  
Hunger Fighters of Minnesota  
Hunger Solutions Minnesota  
IBM Employee Charitable  
Contribution Campaign  
The Imperial Room  
It's Greek to Me  
Jakeeno's Pizza & Pasta  
Jetset  
Jitters  
Joe's Garage Restaurant  
The King & I Thai  
Lakewinds Natural Foods  
Litin Paper Company  
Lurcat  
Medtronic Foundation  
Meteorlogix  
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Minnesota AIDS Trek  
Minnesota Department of  
Health  
Minnesota Department of  
Human Services — Ryan  
White Care Act Grant  
Minnesota Red Ribbon Ride  
Minnesota Society for Interest  
in Science Fiction and  
Fantasy (MISFITS)

Mounds View High School  
Health Classes  
Mt. Olive Lutheran Church  
New Spirit United Church of  
Christ  
Nora's  
North Star Gay Rodeo  
Association  
O'Brien's Decoy Pub &  
Smokehouse  
Oddfellows  
Pasqual's Uptown  
Peace United Church of Christ  
Presbyterian Church of the  
Apostles  
Prime Timers Mpls./St. Paul  
ProCare Pharmacy  
Tom Sen Gupta  
Rudolphs Bar-B-Que (Mpls.)  
Rudolphs Bar-B-Que (Plymouth)  
The Saloon  
Sawatdee Thai  
Second Harvest Heartland  
Clark Paradise  
Sister Sludge (Downtown Mpls.)  
Sister Sludge (South Mpls.)  
St. Alphonsus Catholic Church  
St. Martin's Table  
St. Nicholas Episcopal Church of  
Richfield  
St. Olaf College - Student  
Congregation  
StatScript Pharmacy /  
Chronimed  
Still Ain't Satisfied Foundation  
Target Corporation \*\*  
Tejas  
Tiburon  
The Times Bar and Café  
Town House  
Trattoria da Vinci  
Vera's Café  
Way 12 Halfway House  
Webster Open School (K-8),  
Room 222C  
Wesley United Methodist Church  
Woolley's (St. Paul)

### **Businesses / Organizations — Gifts In Kind**

Acupuncture Center of  
Southwest Minneapolis  
Assumption Parish  
Atons of Minneapolis  
Augsburg College - Link  
Program  
Aveda Institute Minneapolis  
AWD Coolers  
Award Construction  
B-96 Radio  
Bachman's  
Ballet Arts Minnesota  
Becker Brothers  
Bet Shalom - Social Action  
Committee  
Bibelot Shops  
Bishop Fixture and Millwork  
Brave New Workshop  
Theatre  
Brubavien Landscape  
Designs  
Brooklyn Park Lutheran  
Church  
Buca, Inc.  
The Caldrea Company  
Ceridian  
Charles Levin Architects  
Children Affected by AIDS  
Foundation  
Children's Quilt Project,  
Dahlen Lutheran Church  
WELCA  
Children's Quilt Project,  
Eveleth, MN  
Christ English Lutheran  
Church  
Christ Lutheran Church  
City Pages  
Clark Consulting  
Coffee Eclectic  
Colonial Church of Edina  
Community Health Charities  
Minnesota  
Crate & Barrel  
De LaSalle High School  
Delta Gamma  
Domino's Pizza - Grand  
Avenue, St. Paul  
Domino's Pizza - Inver  
Grove Heights  
Dowling Community Garden  
Members  
Drink - The Original Fun Bar  
Drive 105

**Businesses / Organizations —**  
**Gifts In Kind (Continued)**

Eduvest Investment Club  
Emergency Food Shelf Network  
Euphonia  
Fairview Coporation  
Friendly Hills Middle School  
Girl Scout Troops 393 & 1776,  
Woodbury  
Glad Creations Quilt Block  
GLBT Press / Unicorn Media  
Greater Twin Cities United Way  
Guthrie Theatre  
Hamline University Bookstore  
Hearthstone of Minnesota  
Hennepin Theatre Trust  
Herzig College Dental Academy  
Holy Redeemer Catholic Church  
Hyatt Regency Minneapolis  
Joe's Garage Restaurant  
Kenwood Pet Clinic  
Knights of Leather  
Kowalski's - Uptown Store  
Lakeland Dental Academy  
Lakewinds Natural Foods  
Land's End  
Lavender Magazine  
Litin Paper Company  
Lutheran Church of Christ the  
Redeemer  
Lutheran Church of the Good  
Shepherd  
Mall of America  
Marshall Field's - Rosedale  
The Men's Center  
Mervyn's - Blaine Store  
Minneapolis Community and  
Technical College  
Minneapolis Eagle  
Minnesota AIDS Project  
Minn. College of Acupuncture  
and Oriental Medicine  
Minnesota Dance Theatre  
Minnesota Freedom Band  
Minnesota Life College  
Minnesota Rainbow Alliance of  
the Deaf  
Minnesota Society for Interest in  
Science Fiction and Fantasy  
(MISFITS)  
Minnesota Wild Roses  
Minnesota Ice Swim Team

Muska Electric  
National Lawyers Guild -  
Minnesota Chapter  
Nicollet Ace Hardware  
North Dakota State University -  
Little Country Theatre  
Northern Probiotics, Inc.  
One Voice Mixed Chorus  
Open Arms of Minnesota  
Our Savior's Lutheran Church,  
Oakes, N.D.  
Parasole Restaurant Holdings,  
Inc.  
Park House  
Pax Christi Catholic  
Community  
Presbyterian Women of Fields,  
MN  
PSQ Voice & Data, Inc.  
Quatrefoil Library  
queue press  
Red Pine Industries, Inc.  
Rubbermaid  
The Saloon  
Second Harvest Heartland  
SHARE Project - University of  
Minnesota  
Sisters Camelot  
Slightly Smaller Films, Inc.  
Southside Farm Store  
Spirit of the Lakes Church  
St. Alphonsus Catholic Church  
St. Gregory's Catholic Church  
St. Joan of Arc Catholic Church  
St. John Newman - Thursday  
Morning Bible Study  
St. Leo's Catholic Church  
St. Paul Saturn Care Club  
St. Stephen's Community  
Stafford Photography, Inc.  
Steeple People Surplus Store  
Tangletown Gardens  
Target Corporation \*\*  
Target Store - N.E. Minneapolis  
The Thymes Limited  
TicketWorks  
Tony Kubat Photography, Inc.  
Toys For Tots Twin Cities  
Twin Cities Gay Men's Chorus  
U.S. Food Service  
Valspar  
Webster Open School

Wesley United Methodist Church  
Westminster Presbyterian  
Church  
Woodbury United Methodist  
Church - Seekers Group  
Wooddale Lutheran Church

***\*\*Special THANKS to Target  
Corporation for the  
renovation of our cafeteria!***

**The Aliveness Project**  
**FINANCIAL REPORT**  
January through December 2003

	Jan - Dec 2003	Budget	\$ Over Budget
<b>Income</b>			
4000 · Public Support	\$189,117.70	\$155,000.00	\$34,117.70
4500 · Revenues	\$5,252.45	\$3,252.50	\$1,999.95
4600 · Government Grants Restricted	\$297,874.91	\$283,092.00	\$14,782.91
4700 · Gaming Donations - Unrestricted	\$27,000.00	\$30,000.00	-\$3,000.00
<b>Total Income</b>	<b>\$519,245.06</b>	<b>\$471,344.50</b>	<b>\$47,900.56</b>
<b>Expense</b>			
5010 · Advertising	\$267.00	\$1,000.00	-\$733.00
5020 · Building Repair	\$6,124.19	\$4,000.00	\$2,124.19
5030 · Computer Software	\$435.00	\$1,700.00	-\$1,265.00
5035 · Contract Services	\$18,191.78	\$19,000.00	-\$808.22
5050 · Equipment Expense	\$5,220.79	\$6,500.00	-\$1,279.21
5060 · Fundraiser Expense	\$20,980.43	\$27,700.00	-\$6,719.57
5065 · Insurance	\$12,950.12	\$9,300.00	\$3,650.12
5070 · Miscellaneous	\$4,101.35	\$1,550.00	\$2,551.35
5075 · Office Supplies	\$5,908.38	\$3,600.00	\$2,308.38
5080 · Postage / Delivery	\$2,635.64	\$2,400.00	\$235.64
5085 · Printing	\$977.00	\$500.00	\$477.00
5090 · Telephone	\$5,376.75	\$6,100.00	-\$723.25
5095 · Utilities	\$17,033.91	\$17,300.00	-\$266.09
5100 · Payroll Expenses	\$205,039.26	\$211,044.50	-\$6,005.24
5200 · Food	\$86,106.05	\$88,000.00	-\$1,893.95
5300 · Member Services	\$64,697.84	\$46,500.00	\$18,197.84
5400 · Education/Outreach	\$27,591.23	\$25,150.00	\$2,441.23
<b>Total Expense</b>	<b>\$483,636.72</b>	<b>\$471,344.50</b>	<b>\$12,292.22</b>
<b>Net Income</b>	<b>\$35,608.34</b>	<b>\$0.00</b>	<b>\$35,608.34</b>

## **BALANCE SHEET**

<b>ASSETS</b>	<b>December 31, 2003</b>
Checking/Savings	
1001 · Franklin Operating Ckg.	\$14,305.45
1010 · Franklin Money Mkt.	\$13,225.42
<b>Total Checking/Savings</b>	<b>\$27,530.87</b>
Accounts Receivable	
1110 · Accounts Receivable	\$52,331.26
<b>Total Accounts Receivable</b>	<b>\$52,331.26</b>
Other Current Assets	
1120 · A/R Grants	\$59,204.00
1160 · Prepaid Expenses	\$7,203.11
1180 · Prepaid Insurance	\$4,692.46
1210 · Payroll Loans	\$2,354.61
1220 · Inventory	\$350.00
1300 · M S Dean Witter	\$136,345.50
1305 · Undeposited Funds	\$90.00
<b>Total Other Current Assets</b>	<b>\$210,239.68</b>
<b>Total Current Assets</b>	<b>\$290,101.81</b>
Fixed Assets	
1320 · Building	\$75,000.00
1321 · Accumulated Deprec. Building	(\$33,320.00)
1330 · Building Improvement/Kitchen	\$145,043.43
1331 · Accum.Deprec./Kitchen Improvement	(\$61,687.00)
1340 · Furniture & Equipment	\$112,202.69
1341 · Accum.Deprec.Furniture/Equipment	(\$101,112.00)
1350 · Kitchen Equipment	\$74,025.82
1351 · Accum.Deprec.Kitchen Equipment	(\$67,151.00)
1360 · Vehicles	\$1,500.00
1361 · Accum.Deprec.Vehicles	(\$1,500.00)
1370 · Computer Software-Asset	\$4,000.00
1371 · Accum Deprec. Computer Software	(\$4,000.00)
<b>Total Fixed Assets</b>	<b>\$143,001.94</b>
<b>TOTAL ASSETS</b>	<b>\$433,103.75</b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Accounts Payable	
2000 · Accounts Payable	\$15,525.61
<b>Total Accounts Payable</b>	<b>\$15,525.61</b>
Credit Cards	
2060 · VISA - FNB Elan	\$1,389.38
<b>Total Credit Cards</b>	<b>\$1,389.38</b>
Other Current Liabilities	
2100 · Payroll Liabilities	\$4,902.26
2200 · Grant Loans/Advances	\$5,204.48
2330 · Accrued Vacation	\$4,520.73
<b>Total Other Current Liabilities</b>	<b>\$14,627.47</b>
<b>Total Liabilities</b>	<b>\$31,542.46</b>
Equity	
3100 · Unrestricted Fund Balance	\$164,186.95
3200 · Restricted Funds	\$11,267.30
3300 · Unrealized Income	(\$665.77)
3900 · Retained Earnings	\$191,164.47
<b>Net Income</b>	<b>\$35,608.34</b>
<b>Total Equity</b>	<b>\$401,561.29</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$433,103.75</b>