# Aliveline Les

### **HAPPY NEW YEAR!**

#### **DINING OUT FOR LIFE —**

This year's Dining Out for Life will take place on April 24. If you know of a restaurant that may be interested in participating, please contact Tim Marburger here at our office.

#### MIRACLE ON 38TH STREET —

As I write this article, we are "wrapping up" our 2007 Holiday Basket Program. Every year, I am amazed to see this miracle take place--with thousands of donated gifts and hundreds of volunteers who help make it happen! This year, we distributed 627 baskets (55 more than last year!) with gifts for more than 1,300 individuals — including 917 adults and 396 children!



A HUGE THANK YOU to all the individuals and groups that adopted 400 baskets. Thanks, too, to everyone who donated presents, made financial gifts and volunteered. People like you have helped us make this miracle happen for the past 20 years!

Special thanks to the following businesses and groups who made significant contributions this year:

- All God's Children Metropolitan
   Community Church adopted 25 individuals.
- Après Table Rental donated 44 tables for our Holiday Basket Program.
- Atons of Minneapolis collected 371 pounds of food at their holiday party.
- Banfield Pet Hospital of Richfield adopted 3 family baskets.
- Bet Shalom Synagogue's Social Action Committee once again adopted our Hanukkah baskets!
- Blue Cross Blue Shield of Minnesota adopted a family.
- Business Improvement Company adopted 2 family baskets.
- Caribou Coffee Company donated gifts for 8 individuals.
- The Chair Salon adopted 4 baskets.
- The Children's Quilt Project of Dahlen Lutheran Church WELCA sewed 3 boxes of homemade quilts.
- Clicquot Club Cafe donated 6 gift certificates for baskets.
- Coffee Table Productions adopted a large family basket.
- CWA #7250 adopted 2 baskets.
- DeLaSalle High School students adopted 2 family baskets.
- Friendly Hills Middle School adopted a large family basket.
- Two Gap stores donated gifts for 5 people.

# volunteer spotlight

udy Garrison and Judy Ratliff have more in common than a first name. Both women have been volunteering at The Aliveness Project for several years now. Judy G. saw a Holiday Basket delivery ad in the Star Tribune and, together with her college-age sons, called in to help. Several years later, "It is our family's favorite Christmas tradition!" she says.



- Girl Scout Troup #410 adopted a large family basket.
- Henson & Efron adopted 3 baskets.
- HRC adopted 10 individuals.
- Integrated Health Care Strategies adopted 3 baskets.

continued on pg. 2



6 Rule 25 Chemical Assessment
Now available at The Aliveness Project

Masquerade Ball
A photo gallery



# The Aliveness Project

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#### Miracle on 38th Street

continued from pg. 1

- John Doll, of John Doll's Studio, adopted baskets for 60 individuals.
- Lavender Magazine adopted baskets for 14 individuals.
- Lutheran Church of Christ the Redeemer donated gifts for 6 people.
- Macalester Plymouth United Church Youth adopted 13 individuals.
- New Spirit United Church of Christ of Savage adopted 18 individuals.
- Quorum promoted our holiday basket program among their members.
- St. Joan of Arc's Church members donated many gifts.
- Target's GLBT Business Council donated and wrapped 2 huge boxes of gifts.
- Trotter's Cafe adopted a basket for a family of 5 people.

TRUST youth group adopted 14 people.



Andrue S. departed this life December 1, 2007

- Twin Cities Gay Men's Chorus promoted our Holiday Basket Program and let us collect donations during their holiday concerts.
- Valley of Peace Lutheran Church adopted 9 individuals.
- Walden University donated gifts for 11 people.
- Wells Fargo Home Mortgage adopted 4 individuals.



KARE 11 meteorologist
Sven Sundgaard and
The Aliveness Project's
Cathy Van Valkenburgh
meet for the first time
during Sven's visit to the
Project in December.
Sven looks forward to
Dining Out for Life and
continuing his
relationship with the
Project in 2008.

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

#### The Aliveline is published bimonthly by The Aliveness Project

Submissions should be sent to:

The Aliveline

730 East 38th Street Minneapolis, MN 55407 aliveness@aliveness.org www.aliveness.org

The Aliveline is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental and other therapies; however, The Aliveness Project does not recommend any particular therapy. Please consult with your medical provider before trying any new treatment. Views and opinions expressed in this publication are those of the contributing authors and are not necessarily those of The Aliveness Project.

# A Tale of Two Judys continued from pg. 1

udy R. heard about The Aliveness Project from a colleague at Children's Hospital, where she works as a nurse. "They were delivering Holiday Baskets, so we thought we'd join in," she says. And the Holiday Basket Program hasn't been the same since!

Judy Ratliff

Holiday Basket

Volunteer

These two volunteers bring a festive flare to the task of basket filling (sorting presents and placing them in appropriate baskets for adults, couples, or children). Judy G. sports felt reindeer antlers as she wanders the gridlock of baskets in the Project community room. Judy R. feeds her inner elf with furry, green Grinch shoes and a pair of pointy elf ears. She has even coined a term for her brand of basket filling: "elfing". And *serious* elfing it is!

Judy G. was born and grew up in the metro area, and currently resides in

Brooklyn Park. When she is not volunteering, she relaxes, reads, gardens, or creates wedding floral displays. She also bakes AMAZING brownies, which she brings to the Project every day she volunteers! They are so delicious, they will leave you speechless!

Judy's friend Maura is her hero because she is a "giver" who never expects anything in return. When asked about her favorite Aliveness Project memory, she exclaims, "Oh, jeepers! Really, it is just the friendliness of everyone here. The staff, clients, and volunteers--they are such a pleasure to work with."

Judy R. echoes these sentiments. Like Judy G., she began as a basket delivery driver, but now fills baskets. 2007 marked her third Holiday Basket season. "I love the excited chaos of basket filling. I just think Aliveness is a phenomenal project."

When she is not working,
"elfing" or volunteering with
Marin's Children-an organization
that supports Russian children-she
enjoys pottery, stained glass, and
banjo lessons.

She has recruited other "elves" to join her at the Project, as well; her sister and teenage niece and nephew all contribute their time and talent to the Holiday Basket Program.

Judy Garrison Volunteer Holiday Basket Filler The two Judys' infectious enthusiasm extends beyond their volunteer work. When asked what they would attempt if they could not fail, Judy G replied that she would open an affordable bed and breakfast on the Mississippi. Judy R. suggested, "Maybe climb Mt. Everest?" As you can see, these women are far from dull! Their sparkling personalities add something special to the holiday volunteer activities going on at the Project.

W e hope the "Tale of two Judys" inspires you to come and volunteer, either for next year's Holiday Basket Program, or right away in 2008! There are many ways to get involved at any time of year.

Judy G., antlers jingling, encourages others to take time to give of themselves. Not only will you feel good about doing good, but, as Judy R. points out, "it is *just so much FUN*!"



A wall of Holiday Baskets, just filled!

# 627 Holiday Baskets in 2007!

his year, we sent out thank you forms with many of our holiday baskets. Here are a few of the "Thank You's" we have received so far....

"Thank you all so much for such generosity! We are amazed at how awesome the gifts are. Blessings to all who made this possible. You have definitely made a positive impact on my holiday and also that of my parents."

"I am writing you this to express my thanks and appreciation for wonderful presents you sent me this season. Please take my thanks seriously and pass it to all your staff members and donors who heartily offered their support to us during this critical situation. God bless you all!"

"Thanks for brightening up the season! The stocking is beautiful, I will cherish it! Thanks for the scarf, hat and gloves. They will get a lot of use this winter. Thanks for ALL the goodies!"



**STATS '07:** 

Baskets distributed:

**627** 

**Adults served:** 

917

Children served:

396





# Red, White & Black Masquerade Ball

A PHOTO GALLERY

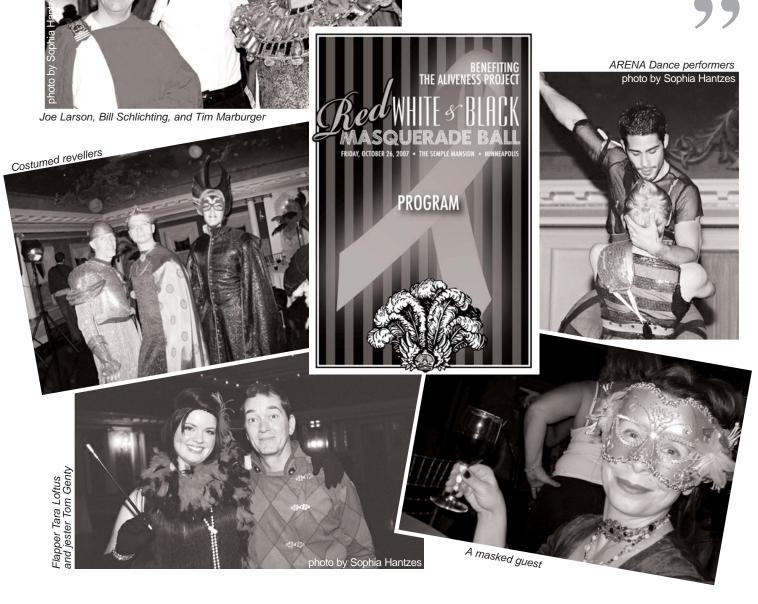


What was your favorite part of the evening?

The costume march, the professional dancers, the desserts, all of it was my favorite. Thanks for a memorable evening!

Tim's costumes.

The Semple Mansion - it is beautiful and I hope this, or other Aliveness Project events will be hosted there in the future.



# You Should Know About THIS Program!

BY ANDREW HRUSKA

uring my relatively short time as a Care Advocate here at Aliveness Project, I have been reacquainted with many programs that have been of great benefit to the HIV/AIDS community over the years. But with a lack of funding, we see more good programs being cut rather than new ones being developed and implemented. However, one program in particular was brought to my attention in late August from which I have received great feedback. It is the Education for Life (EFL) program at Project for Pride in Living (PPL).

This program is funded by the Department of Human Services, along with Minnesota Work Incentives Connection in an effort to get people back into the workforce without affecting their needed benefits from Social Security and Medicare. It is unique from other ventures in that it is specifically designed for persons living with HIV/AIDS rather than just having a disabling diagnosis. The goal is to empower participants with skills that they can use to "get started" again. Things like interviewing, developing resumes, disclosure in the workplace,

computer skills and individualized plans are available free of charge to eligible participants. In addition, after the fourweek program is completed the graduates receive a \$200.00 stipend for their participation. Free education and you get paid? You can't beat that!

It is no surprise to anyone how HIV has a great impact in all aspects of one's life. Not only is health affected, but often times the pocketbook is as well.

"This is only a one year pilot program, so I encourage people to apply right away if they are interested."

Many of our members at Aliveness Project are financially dependent solely on Social Security benefits which often are not enough to maintain even the basic necessities. Then there is the worrisome catch 22: If I go back to work my benefits may be affected, but if I don't work I will never get ahead. This is where the Education for Life Program may be helpful to you. Benefit Specialists work with all participants ensuring that future plans will not disrupt or affect current benefits. If you are enrolled in ADAP (AIDS Drugs Assistance Program) through the DHS or receiving Social Security benefits, then you are eligible for this program. Furthermore, there are plans movingforward to open the class to the entire HIV/AIDS community.

This is only a one year pilot program, so I encourage people to apply right away if they are interested. For more information, you can contact me at 612-822-7946 ext. 213 or you may contact Aaron Keith or Jenny directly at PPL at 612-455-5300.

Andrew Hruska has worked as a Care Advocate for The Aliveness Project since August 2007.

# Food Shelf Prepares for March Campaign

appy New Year from The Aliveness Project Food Shelf!
Our November food drive at The Wedge Community
Co-op on Lyndale and Franklin Avenues in Minneapolis
was a big success. Thank you to all the members, Co-op staff,
and shoppers! You are always so helpful and generous.

1,800 lbs. of food and \$800 was collected. Many thanks to the wonderful volunteers who manned the table for two days--it was a bit nippy in the morning but no one complained.

In 2008 The Aliveness Project will once again be partnering with the

Minnesota Food Share March Campaign. More than 20 years ago, a council of churches in Minnesota decided to do something about hunger in our state. They created the March campaign because most food shelves,

including The Aliveness Project's, start running out of their holiday stocks by that time and need to be replenished.



November food drive

Here's how it works: We ask anyone and everyone to hold a food drive at school, work, or church, and bring your results to The Aliveness Project before the end of March. If it is too difficult to organize a food drive, we always accept cash or checks, as well as grocery items for the food shelf.

Visit www.aliveness.org to download a list of items that we use in the food shelf. You can make flyers to give to people and post on walls in your work place or place of worship. You can also go to www.gmcc.org/foodshare to download flyers; they have balloons, posters, and stickers, too.

Even though it is just after the holidays, we need to start *now* so everyone can be ready for March. So if you can help, go to it!

Just a reminder that we do have dog and cat food available right now, so when you book your appointment ask to have it put in the "notes" so we can put it in with your food shelf.

# **Member Services Update**

# Rule 25 Chemical Assessment now available at the Project

We have a new service to offer here at The Aliveness Project! You can now get a Rule 25 chemical assessment done at The Aliveness Project during the lunch period. No more standing in line at 6:00 in the morning at 1800 Chicago to try to get funding for chemical dependency treatment!

Kim McKnite is a Chemical Health Case Manager from Hennepin County Medical Center (HCMC), Positive Care Clinic. She will be in the dining room on the first and third Wednesdays of each month from 11:00 am until 2:00 pm. Kim is available for questions and to do Rule 25 and/or other chemical health assessments and referrals.

Walk-ins are welcome, but appointments are recommended. To make an appointment call Kim McKnite at 612-873-9043.

#### **Introducing New Therapists**

We have several new therapists at The Aliveness Project. John Sheehan is our new message therapist. He offers three volunteer massages every Tuesday morning. Dr. Jared Gruhl is our new volunteer chiropractor. He works every Tuesday afternoon from 1:00 in the

afternoon until 3:30. He has his own practice at 4601 Excelsior Boulevard, suite 411, in Saint Louis Park. Anyone wishing to book an appointment through his office can call 952-836-0847. See pg. 8 of this newsletter to "get to know" our new chiropractor.

The new therapists are a wonderful asset to The Aliveness Project.
Please go out of your way to welcome them! We are so grateful to have them with us.

#### **Wedding Announcement**

501

Membership Services Director Johnny Herda-Brown was married on December 25, 2007 to Jaime Anzaldo. Her name has consequently changed to Johnny Herda-Anzaldo. She wishes everyone a Happy New Year!





# DOG & CAT FOOD AVAILABLE IN THE FOOD SHELF!

# **Getting to Know You**

MEET OUR NEW STAFF MEMBERS AND THERAPIST



Kim Langness works as HIV Prevention Case Manager for The Aliveness Project.

#### **Meet Kim!**

Where did you grow up? Fargo, North Dakota. But I have lived here longer than I did there, so don't hold it against me.

What 3 words best describe your personality? Open, fun, calm

What turns you on creatively, spiritually or emotionally? Outdoors. Walking by a lake or river. I seem to chill better outside.

What turns you off? Mess

What is your favorite cereal? Cheerios

What sound or noise do you love? Music

What sound or noise do you hate? Something off-key

What profession other than your own would you like to attempt? I do what I love. So I don't think there is another.

What profession would you not like to do? Police or anything to do with government How did you come to know the Aliveness Project? I have known about Aliveness since it first opened its doors. I have been a member since 2003.

What would you like to see happen at the Aliveness Project in 2008? I would love to win a million and give a good-sized gift so we could have the building space this place needs.

#### **Meet Cathy!**

Where did you grow up? Michigan

What 3 words best describe your personality? Pavlovian, aloof, righteous

What turns you on creatively, spiritually or emotionally? Music

What turns you off? Crowds

What is your favorite cereal? Wheaties

What sound or noise do you love? Waterfalls

What sound or noise do you hate? Harleys

What profession other than your own would you like to attempt? Roadie

What profession would you not like to do? Sales

How did you come to know the Aliveness Project? MAP

What would you like to see happen at the Aliveness Project in 2008? Grilled ham and cheese on Texas Toast



Cathy Van Valkenburgh works as Membership Services Program Assistant.

#### Introducing Dr. Jared Gruhl, therapist

Where did you grow up? Brainerd, MN, in a wooded area with lakes

What 3 words best describe your personality? Fun-loving, inquisitive, adventurous

What turns you on creatively, spiritually or emotionally? My work: Network Spinal Analysis which is my chiropractic technique. Also group drawing, group photography, and multiple heart-to-heart hugs with people.

What turns you off? Bad attitudes, people being judgmental, and dishonesty

What is your favorite cereal? As a child: Peanut Butter Captain Crunch. Today: Optimum Cereal with Blueberries

What sound or noise do you love? One's lips parting when he or she smiles really big, showing their teeth.

What sound or noise do you hate? Trying to start a car that's already running.

What profession other than your own would you like to attempt? International multi-lingual tour guide

What profession would you not like to do? Oil refinery

How did you come to know the Aliveness Project? Northwestern Health Science University's affiliation

What would you like to see happen at the Aliveness Project in 2008? Expansion in funding and a new building all shiny and new!



# 2008 Dining Out For Life

RESTAURANT AGREEMENT FORM

T (Diifi)	Restaurant:			
FORTURE	Contact Name:			
	Address:			
City:		Sta	ate: Z	IP Code:
Office Phone:	Re	staurant Phone:		_ Fax:
Website: E-mail:				
Thursday Business Ho	ours:	Cuisine:	Re	egion:
				ursday, April 24, 2008 oject, Inc. (Collectively "DOL").
Your restaurant,			_, agrees to:	
Donate to The Aliveness Project your designated percentage (indicate actual percentage on line provided) of total food and beverage sales on Thursday, April 24, 2008:    Platinum Level (35% or higher):%   Gold Level (25 - 34%):%   Silver Level (20 - 24%):%   Bronze Level (15 - 19%):%   Check all meals applicable:   Breakfast   Lunch   Dinner     Check one:   Food & Beverage (including alcohol)   Food & Beverage (no alcohol)  Promote Dining Out for Life within the restaurant by hanging posters, and distributing other promotional material provided by DOL at least three weeks prior to event.  On the day of the event, distribute to each patron informational material provided by DOL, including donation/feedback envelopes; and permit volunteer ambassador(s) at restaurant to thank patrons and answer questions about The Aliveness Project.  Allow restaurant's name and/or logo to be used in promotional materials as per participation level.  Submit a check in the amount of restaurant's above-designated donation, made payable to THE ALIVENESS PROJECT by Friday, May 2, 2008.  The Dining Out for Life Committee (DOL) agrees to:				
<ul><li>Organize the</li><li>Promote Dinition</li><li>distributing po</li></ul>	event, including arranging Out for Life and partic	ng restaurant participation a cipating restaurants by placed direct-mail promotional posi-	ing advertisement	s in local media,
	and corporate sponsorsh	•		
Provide prom	otional materials to resta	urants.		
Restaurant Representa			Date:	
Aliveness Project Representative's Signature:				Date:

Please return your completed form to:

The Aliveness Project – Attn: Tim Marburger 730 East 38th Street, Minneapolis, MN 55407

Tel: 612.822.7946 ext. 204 Fax: 612.822.9668 events@aliveness.org

## Thanks, Donors!

#### **ORGANIZATIONS**

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al Vento

All God's Children Metropolitan Community Church

Ameriprise Financial -Black Employee Network

Atons of Minneapolis

Banfield the Pet Hospital of Richfield

Barbette

Beyond Chocolates Fine Foods

Blue Cross Blue Shield of Minnesota

Borders

Brownie Troop #410

**Business Improvement** Company

Cargill Rainbow Alliance

Central Lutheran Church - Hannah Circle

Chipotle Mexican Grill, Inc.

Christian Brothers of MN Miguel House

City Looks Salon

Clicquot Club Café

Coffee Table Productions

Communications Workers of America, Local 7250, AFL

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10

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Xi Beta Nu

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