

February/March 2009

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DINING OUT FOR LIFE

Voted #1 Community Fundraiser

Dining Out For Life was named
#1 Community Fundraiser by Lavender Magazine's Fab 50
Awards in 2008 and 2007.



Mark your calendars now for the
15th annual Dining Out
For Life event:

**THURSDAY,
April 30, 2009**

Ambassadors, it is not too early to contact
us about your restaurant choices and shifts!



KARE 11 meteorologist and DOL diner Sven Sundgaard

the Aliveline

Serving Our HIV/AIDS Community Since 1985

February/March 2009

Vol. 19, Issue 1

A New Year!

DINING OUT FOR LIFE — Mark your calendars for Dining Out for Life, which this year takes place on Thursday, April 30. If you know of a restaurant that might want to participate, please contact Tim Marburger at our office.

MARCH IS MINNESOTA FOODSHARE MONTH

— March is Minnesota FoodShare Month. Like other food shelves in our state, the current economic situation has caused a dramatic increase in the number of people needing help from local food shelves. In 2008, our Food Shelf provided 13 percent more services than the previous year. So, please consider sending a donation to help us respond to this dramatic increase of those in need.

MIRACLE ON 38TH STREET — This year's Holiday Basket Program was a wonderful success! It really is a miracle how hundreds of caring volunteers care enough to make this happen! This year, we distributed 685 baskets (58 more than last year!) with gifts for more than 900 adults and 400 children! This year, 516 baskets were adopted—compared to 397 in 2007!

Thanks to everyone who donated presents, made financial gifts and volunteered. People like you have helped make this miracle happen for the past 22 years! Here is what one of this year's recipients said about her basket: "I want to thank the donors and volunteers who made this Christmas the most joyous of all my life! Everything was so beautiful. It was like they'd been my friends for life and knew everything I needed and wanted. Thank you all so much for your thoughtfulness!"

Special thanks to the following businesses, groups and individuals who made generous donations this year:

- Après Party & Tent Rental – loaned 41 tables for our Holiday Basket Program
- All God's Children Metropolitan Community Church – adopted 27 individuals
- Atons of Minneapolis collected more than \$500 in donations
- ATS-Labs - adopted three large family baskets
- Banfield, The Pet Hospital, of Richfield - who adopted four large families with pets
- Bill & Barb Taylor- adopted six family baskets
- BioScrip Pharmacy - adopted several large family baskets
- The Chair Salon - adopted four large family baskets
- Coffee Table Productions - adopted a LARGE family basket
- Communications Workers of America, Local 7250, AFL - adopted a LARGE family basket
- David Dexheimer - adopted six holiday baskets
- De La Salle High School - adopted 10 people
- John Doll - adopted 70 holiday baskets
- First National Bank of the Lakes- adopted a very LARGE family basket
- Friendly Hills Middle School - adopting a family of 8
- Gopher Women's Hockey - adopted a family of 10
- Integrated Healthcare Strategies – adopted six large family baskets
- Kelsey True - adopted five baskets
- M&I Bank - donated \$250
- Macalester Plymouth United Church Youth - adopted 10 individuals
- Medtronic - adopted a number of really LARGE family baskets
- Minnesota Department Of Health, HIV/AIDS Division - adopted four large family baskets
- MOMS Club-White Bear Lake/Vadnais Heights - adopted many large families

- New Spirit United Church of Christ - adopted numerous large family baskets
- Palace Concessions - adopted several large family baskets
- Park Nicollet Health Services - adopted several large family baskets
- Erika Shatz - for adopting 8 holiday baskets
- St. Joan of Arc Catholic Church – donated 1,769 pounds of food shelf items and many members adopted baskets
- St. Paul Mennonite Fellowship - for joining us this year as a first time adopter
- Timothy Kanaley - adopted six large family baskets
- Toys For Tots Minnesota provided hundreds of toys for children. Thanks to the Marines
- TRUST Youth Groups - adopted 15 people
- Walden University - adopted three large family baskets
- Wells Fargo Home Mortgage - Lien Release Department who adopted four large families
- Westminster Presbyterian - donated 1,000 pairs of socks and \$280 in donations
- Robb Whittlef - adopted 10 baskets

JOE LARSON
EXECUTIVE DIRECTOR

3 Food Shelf In Demand & Holiday Baskets 2008

Recap of the Seasons' Events

5 Living Stronger! Living Longer!

The new Health and Wellness team

6 Getting To Know You

Meet Ron - Our Volunteer Massage Therapist!



In Living Memory

James M.
*departed
this life*
Nov. 22, 2008

Gary O.
*departed
this life*
Dec. 1, 2008

Ibrahim S.
*departed
this life*
Dec. 1, 2008

Robert A.
*departed
this life*
Jan. 2, 2009

Colleen H.
*departed
this life*
Jan. 7, 2009

Laverne H.
*departed
this life*
Jan. 15, 2009



Volunteers take home a teddy for all
their volunteer work!

The Aliveness Project

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

Thank You!

By MONICA TRAVIS

Over 100 folks braved one of the coldest nights in recent history to attend our Volunteer Recognition Movie Night at the Heights Theatre on Thursday, Jan 15th. All enjoyed the sing-along version of the film *MAMMA MIA!* preceded by our own premiere of the short film *ALIVE!* created in late 2008 by photographer Justin Thai. It chronicles 24 Aliveness Project members and in their own words and pictures describes their experiences with The Aliveness Project. Look for it soon on our website www.aliveness.org. Our kitchen baked an amazing chocolate cake for our reception during which we raffled off several prizes including \$125 in spa services and we listened to the musical styling of the tuxedo clad volunteer, Harvey, who played the Heights incredible classic Wurlitzer organ.

My thanks go out to all of our volunteers who made 2008 such a success. Whether you help once a year, or multiple times a week, together all of us make a huge difference in the success of The Aliveness Project and our continued ability to build and create a true sense of community.

With all this said, do know that Dining Out for Life is but a blink away and we are going to be once again in need of hundreds of ambassadors! Please see Tim's article for more information about what we seek in our great ambassadors and do be in touch about joining in on Thursday, April 30th!





2009 Dining Out For Life RESTAURANT AGREEMENT FORM

Restaurant: _____

Contact Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Office Phone: _____ Restaurant Phone: _____ Fax: _____

Website: _____ E-mail: _____

Thursday Business Hours: _____ Cuisine: _____ Region: _____

This agreement for participating in the Dining Out for Life event to be conducted in on Thursday, April 30, 2009 is between _____ (Restaurant) and The Aliveness Project, 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 30, 2009:

☐ 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 1, 2009.**

The Dining Out for Life Committee (DOL) agrees to:

- Organize the event, including arranging restaurant participation and public relations.
- Promote Dining Out for Life and participating restaurants by placing advertisements in local media, distributing posters, sending a targeted direct-mail promotional postcard to potential diners, and press releases to local media.
- Solicit media and corporate sponsorship.
- Provide promotional materials to restaurants.

Restaurant Representative's Signature: _____ 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

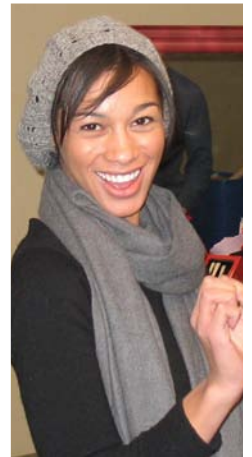
Tel: 612.822.7946 Fax: 612.822.9668 events@aliveness.org

Holiday Baskets 2008

By TIM MARBURGER



GREAT THANKS to the **MANY NEW** folks who joined us by adopting Holiday Baskets. Also **THANKS** to the **MANY RETURNING** people who adopted. We are blessed to have many wonderful people step up to help with this very worthwhile program that brings joy to so many people. We had 516 adoptions this year!



THANK YOU EVERYONE!



Mark your calendar for
Dining Out for Life – APRIL 30, 2009



Seems like yesterday, but it's time again! Last year we had 133 restaurants participate in this one day event and we're hoping for many more this year. We are currently working on soliciting restaurants throughout the state to join us. What are your favorite places to dine? Ask if they would be interested. We have included a restaurant agreement form in this newsletter for your use.

With the expansion of restaurants, we are in need of ambassadors to be at each restaurant that day. We will have breakfast, lunch and dinner openings to fill. Last year, ambassadors raised an additional \$29,000 toward the work of The Aliveness Project. That amount buys a lot of hot meals or therapies. We do need to increase this total substantially. In some Dining Out for Life cities, they raise more through their ambassadors than the restaurants bring in.



Ambassador Qualifications?

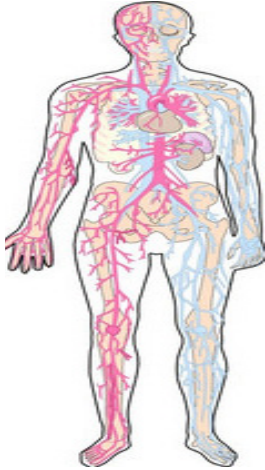
1. Talk glowingly about The Aliveness Project.
2. Have hundreds of friends to invite to your restaurant – I hear joining Facebook is good for your health.
3. Attend a MANDATORY 1.25 hour training prior to the event.
4. Able to talk with strangers, if all your friends don't show up.
5. Be able to smile for 3 – 4 hours.
6. Wear comfortable shoes.
7. Enjoy life and have FUN!



Living Stronger! Living Longer!

By JAMES PENNINGTON

You are amazing! Your body is made of more than 50 trillion cells, 650 muscles and 206 bones, all powered by a heart that beats close to 36 million times each year. You breathe in and out more than 23,000 times a day, and during the seconds it will take you to finish reading this sentence your eyes will perform 10 billion computer-like calculations.



The Aliveness Project's Health and Wellness Program is all about making sure your amazing body is as healthy as possible as you live with HIV. We are designing our member program with a holistic approach involving physical, mental and spiritual health.

Here is list of a few upcoming events hosted by the Health and Wellness Program February-March. Events held at The Aliveness Project unless otherwise noted.

Monday, February 2: @ 6 pm "Building Your Health Care Team" @ "Spill the Wine" located @ 1101 Wash. Ave. S - Sign-up with the Receptionist. Space is limited!

Tuesday, February 3: @ 6 pm "Global and Local HIV Statistics" Mary Grandy from the County Health Department Presents

Tuesday, February 10: @ 6 pm "An Evening with the Docs!" Dr. Carolina Fall and Dr. Jeff Meyer will field Health Questions, Concerns and Issues for those living with HIV/AIDS

Tuesday, February 17: @ 6 pm "Making Love the Best It Can Be" Clare from "Smitten Kitten" Returns!

Monday, February 23: @ 6 pm "An Evening with Ernie" (Topic TBA) @ "Spill the Wine" located @ 1101 Wash. Ave. S - Please Sign-up with the Receptionist. Space is limited!

Tuesday, March 3: @ 6 pm "An Evening with the Doc!" Dr. Carolina Fall will field Health Questions, Concerns and Issues for those living with HIV/AIDS @ Clare Housing located @ 929 Central Avenue NE.

Monday, March 9: @ 6 pm "Medication Adherence for WOMEN" @ "Spill the Wine" located @ 1101 Wash. Ave. S - Please Sign-up with the Receptionist. Space is limited!

Tuesday, March 17: @ 6pm - "Increasing Energy and Improving Mood" Jennette Turner, Registered Nutritionist is presenting!

NOTE: Attendees will receive a \$10 Target gift card for every session attended (with the exception of the "Spill the Wine events") ONLY while supplies last through February!

WOMEN LIVING WITH HIV!

Darin, the Health and Wellness Program Peer Educator, will be planning and implementing programming specifically designed to meet the needs of WOMEN LIVING WITH HIV. Be sure to share your ideas and topics that you feel are important for women living with HIV/AIDS with Darin or James. We plan on rolling out programming targeting women in April! Be on alert for more information!

HEALTH AND WELLNESS FOR OUR SPANISH SPEAKING FRIENDS!

James will be planning and implementing educational sessions for Spanish-speaking persons living with HIV/AIDS. We want to make sure that we meet the health and wellness needs of all of the members of the Aliveness Project. Please watch for more details on the way!

ONE FINAL NOTE....

We value and appreciate every individual who has taken advantage of the Health and Wellness educational sessions over the past couple of months. You really make the program by sharing your insights and your valuable time. Please feel free to let us know how we are doing and what topics you would like addressed in the future so that you can LIVE STRONG! AND LIVE LONG! with HIV/AIDS!



Food Shelf in Demand

By DAN CAPELLI

Food Shelf usage in pounds in 2008 was a whopping 88,308. That's 44 tons of food. The Aliveness Project's Food Shelf survives on some federal funds, grants, and food drives where we go out into the community, in front of supermarkets like The Wedge Community Co-op, (thanks to the Wedge people). The rest comes from donations from all sources.

With the economy being so bad, I didn't expect much in the way of donations for the month of December 2008. Well, you good folks proved me wrong! Donations for December 2007 were a little over 1800 pounds. Donations for December 2008 were a little over 4600 pounds. Thanks to everyone who helped out by donating and all the volunteers who helped sort all that food.

The March Food Share Campaign is coming soon. In 1982 a collaboration of church councils decided to help food shelves build up their stocks in March because that is when most food shelves run out of holiday stocks. That was the beginning of something that grew into the Minnesota Food Share Campaign. We have been involved for 8 years now and hope to make this our best year ever.



The theme this year is "Imagine." Imagine if everyone in Minnesota donated just 2 pounds or 2 dollars, we would collect approximately 10 million pounds or dollars. How can you help? You can hold a food drive at church, work, school, or any where you can think of. If you don't know how to run a food drive you can go to www.gmcc.org/foodshare and they will tell you exactly how to do that. You can also order free posters, buy balloons, mugs, and other fun stuff. To download a list of items we use in our Food Shelf, go to www.aliveness.org. You need to drop off all food and dollars at The Aliveness Project by Friday April 3, 2009.

We will be doing another Food Drive at The Wedge Community Co-op on March 21 and 22 from 10 AM – 6 PM. We always have lots of fun at these events, so if you want to help call 612- 822-7946 and ask for Monica. She will schedule you for one or more shifts.



Mark your calendars now for the next Food Drive!

March 21 and 22, 2009

At The Wedge Co-op from 10 AM - 6 PM.

If you would like to help:

Call Monica at (612) 822-7946

Getting to Know You

MEET OUR NEW VOLUNTEER MASSAGE THERAPIST

We have a new volunteer massage therapist at The Aliveness Project. He recently graduated from Northwestern Health Sciences University. Ron Cripe started donating two sessions of massage every Friday, as of late September 2008. He is starting his own therapeutic massage business, "Relaxation & Comfort Massage," which is located in Minneapolis (612 483-8672).



Ron Cripe is our new volunteer massage therapist!

Meet Ron!

Where did you grow up?

I grew up in Missoula, Montana on 2 ½ acres with a vegetable garden and all sorts of fruit trees.

What are three words that describe your personality?

Loving, touch-oriented, liberal-minded.

What turns you on creatively, spiritually, or emotionally?

Music, touching people through my work as a massage therapist, and a good joke.

What turns you off?

Phony people, arrogance, and dishonesty.

What is your favorite cereal?

As a child, it was Sugar Frosted Flakes. Now my favorite cereal is Cheerios.

What sound or noise do you love?

Laughter, deep even breathing, or light snoring of a loved one while sleeping.

What sound or noise do you hate?

The screeching tires of a car that is behind me.

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

A choreographer.

What profession would you not like to do?

A debt collector.

How did you come to know about The Aliveness Project?

Through the grape-vine, friends, and the community.

What would you like to see happen at The Aliveness Project in 2008?

I would love to see full funding and complete acceptance of the need!



Welcome back Dr. Jared Gruhl, therapist

We also have an old friend returning to volunteer his chiropractic services again. Dr. Jared Gruhl has returned as of December 2008. At present, he is working Monday mornings from 11:00 until 12:00. His hours will probably change with the new year and adjusted therapy room availability. Welcome back, Dr. Gruhl! We missed you.

ORGANIZATIONS

All God's Children
Metropolitan Community Church
Americana Community Bank
Arezzo Ristorante
Atoms of Minneapolis
ATS-Labs
Aveda Institute
Minneapolis
Axis Healthcare
Banfield the Pet Hospital of Richfield
BioScrip Pharmacy
Blue Cross Blue
Shield of Minnesota
Brownie Troop #10438
Charles Levin Architects
Children's Theatre Company
Christian Brothers of MN Miguel House
Christos Union Depot Place
City Looks Salon
Clark Wamberg, LLC
Coffee Table Productions
Colonial Life
Communications
Workers of America, Local 7250, AFL
DailyMed Pharmacy
Damon Farber Associates
Daren Jensen Group, Inc.
Dave Brookman
David S. Ascher Charitable Foundation
De La Salle High School
Executive Title
First National Bank of the Lakes
First Student
Floral Logic
Friendly Hills Middle School
Girl Scout Troop 50410
GoodSearch
Gopher Women's Hockey
Grand Cafe
Greater Minneapolis Council of Churches- FoodShare
Greater Twin Cities United Way - Donor Designated
Harry's Food and Cocktails
Hennepin County Medical Center / HIV Clinic
Hot Plate
IBM Employee Services Center
Imagehaus
Integrated Healthcare Strategies
Inver Grove Heights Animal Hospital
Kenneth L. Eppich
Fund for the GLBT

Community of Twin Cities
Linden Hills
Acupuncture
Lutheran Church of Christ the Redeemer
M&I Bank
Macalester Plymouth
United Church Youth
Macemon
Photography
Medtronic Group
Minneapolis South
Rotary Club
Minnesota Red
Ribbon Ride
MN Department Of Health - HIV/AIDS Division
MOMS Club-WBL/VH
New Spirit United Church of Christ
Northwestern Health Sciences University
One Voice Mixed Chorus
Palace Concessions
Park Nicollet Health
Philanthrofund
Foundation
Prime Timers - Minneapolis/St. Paul Chapter
Pure Blue Supply Inc
Rainbow Road
RE/MAX Results - Amy Ruzick & Kay Johnson
Snap Fitness
Spirit of the Lakes
St. Joan of Arc Catholic Church
St. Paul Mennonite Fellowship
The Chair Salon
The Dorsey & Whitney Foundation
The Imperial Court of Minnesota
TRUST Youth Groups
Twin Cities Gay Men's Chorus
Twin City Divers
Uptown Dermatology & Skin Spa
Walden University
Wells Fargo Home Mortgage Lien
Release Department
Westminster Presbyterian Church - Social Justice
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Abbie Abboud & Judith Young
Adam Seliski
Alex & Tamar Nelson
Alice J. Porter
Alicen Spaulding
Alicia M. Bloch
Alison Aten
Allen & Karlene Mayotte
Allison Adrian
Alyssa Schulte

Amanda & Mark Tempel
Amanda Przysnki
Amber Schmidt
Amy Clark
Amy Horst
Amy Parsons
Amy Roach
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Angie Powell & Allison Thielen
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Ann Rubin & Sandy Almquist
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Anne M. Walters
Anne Vattendahl
Annette Quas
Annikka Anderberg Wilson
Anonymous
Anonymous
Anonymous *
Arouna Phommassouvanh
Barbara & Jay Deitch

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Cheryl A. Schweitzer
Cheryl Biegler
Cheryl Grady
Cheryl Rivera Beaumont
Chris Dinderman
Chris Feinman
Chris Lienert
Christian O'Connell- Moe
Christin Winkler & Kelli Beilich
Christine M. Martin
Christopher D. Ertel
Christopher Hermann
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Chuck H. Burrill
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Clifford C. Goltz
Cole Buchtel
Colleen & Mark Kokesh
Colleen & Peter Schroeder
Colleen & Brett Murray
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Dennis McKee
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Dr. Frank Rhame
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Dr. Kevin M. Rozman
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Gregory L. Anderson
Gregory L. Johnson
Gregory Terhaar

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Gretchen Switalski
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Gwendolyn M. Whitmore
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Harlan Copeland
Harland Brockoff
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Heather Lien
Heather Smith
Heather Stanton & Meagan Beck
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JoAnn Boudreau
Joanne D. & Douglas K. Savitt
Jocelyn Woods
Jodi R. Fritsche
Joel Buchan
Joel Molitor & Sarah Schmitt
John & JP Meyers
John & Laura Broghammer
John & Vicki Keefe
John Doll



THANKS
to everyone who made financial
& in-kind gifts between 10/24/08 - 1/19/09

Barbara Goldberg
Barbara Nygaard
Barry Leavitt
Bertine Holmboe *
Bev & Sheldon Mains
Beverly Brogie
Bill & Barb Taylor
Bill & Virginia Willner
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Bill Schlichting & Steve Lenius
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David Dexheimer & Everett Tong
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John Sheehan
Jon Plemons
Jonathan Tate & Andrew
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THANKS
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