

the Aliveline

Serving Our HIV/AIDS Community Since 1985 June/July 2009 Vol. 19, Issue 2

Dining Out For Life



This year's Dining Out for Life was a wonderful success! **THANK YOU** to our 130 participating restaurants, 15 sponsors, over 300 ambassadors and other volunteers, and the thousands of diners who showed their support! Our goal is to raise \$113,000 (13% of our annual budget!), so check our website for an update of the total amount raised.

HIV Cases Increase in Minnesota

The Minnesota Department of Health (MDH) recently released their annual report of HIV/AIDS in our state. Last year, 326 new cases of HIV/AIDS were reported — compared to 325 new cases in 2007 and 318 cases in 2006. This reflects a steady increase over the past few years and is the highest number reported since the mid-1990s.

A total of 8,819 HIV/AIDS cases have been reported, including 2,976 people that have died since the beginning of the epidemic in 1981. Currently, 6,220 people are living with HIV in Minnesota.

The number of new cases among young men (aged 13 to 24) has doubled since 2001. Generally speaking, a new person tests HIV-positive every 27 hours in Minnesota. It is estimated that at least an additional 2,000 individuals are living with HIV/AIDS, but unaware of their status.

Last year, one in four Minnesotans living with HIV/AIDS used Aliveness Project services, and we served 3.3% more people than the previous year. In 2008 231 new members were referred to us by HIV testing sites, clinics and other programs — representing 71% of new cases.

Socioeconomic status is a significant factor in communities with higher rates of HIV cases. Low income can mean lack of health insurance, limited access to medical care, poor housing situations, and social stigma. Two-thirds of the people we serve at The Aliveness Project live in poverty and most of the rest are low-income (less than 300 percent of federal poverty guidelines).

So, even though many people may think that HIV/AIDS is no longer a major issue, the increasing numbers tell us that individuals are still getting infected and still need the services provided The Aliveness Project. We are the only community center in the upper Midwest for people living with HIV/AIDS. Newly-diagnosed individuals come here and meet members like themselves who live with this disease in positive ways.

Each day, I see the reality of the HIV/AIDS epidemic in the faces of our members. The Aliveness Project serves as a living community for both the newly-diagnosed and our long-time members!

- Joe Larson, Executive Director

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And meet some new faces

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5 Getting To Know You

Meet Walter - Our Social Work Intern!



New Integrative Therapies and Annual Picnic

By Johnny Herda-Anzaldo

I am very excited to tell you that we have a new therapy now offered called **Western Herbalism**, to add to our Integrative Therapies Program (formerly called Complementary Care Program). Matthew Wood, an herbalist and teacher at Minneapolis Community and Technical College, along with Charles Rinerson (his student), and Cynthia Thomas, an herbalist and body worker will be providing this service at The Aliveness Project.



Matthew Wood has been an herbalist for twenty-seven years. He is a professional member of The American Herbalist Guild and a graduate of the Scottish School of Herbal Medicine, MS Program. Matthew is the author of six books on Herbalism and is an internationally known lecturer in the field. Recently he taught courses in California and Israel.

About twenty years ago, Matthew and an acupuncturist named John Harvey approached The Aliveness Project and

set up the first version of what is known today as the Integrative Therapies Program. Matthew has returned with one of his students from the Minneapolis Community Technical College, to add a new discipline to the Integrative Therapies Program. He said, "It is nice to be back. It was hard back then---there were no life-saving drugs. Acupuncture, herbs, and nutrition were all we had (to treat people living with HIV/AIDS)."



Charles Rinerson is a student at Minneapolis Community College, majoring in Western Clinical Herbalism. Charles will graduate on May 19, 2009. A native of North Dakota, Charles has lived around the country in places like Phoenix, Arizona and Sun Valley, Idaho. His father, Dan Rinerson was also a

volunteer at The Aliveness Project through Northwestern University's acupuncture program. Charles is also a member of the Aliveness project, becoming HIV+ when he was 19. Charles hopes he can bring his own personal experience with HIV and herbs, when helping Aliveness members.

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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.

Dining Out for Life Update

Another great year!! Over 26,000 people dined out on Thursday, April 30! The weather started out hazy, but was sunny and comfortable by the end of the day. Throughout the day, Sven Sundgaard (from KARE 11) and Miss Minnesota-USA, Erica Nego could be seen throughout the Twin Cities meeting, greeting and having their pictures taken with diners. Lots of food was consumed!

At the time I am writing this article, the ambassadors brought in \$35,163 and restaurant checks have come in at \$30,479, and a total of \$67,143. This is with 49 restaurants having sent in their checks and 77 more to come.

This year's goal is \$113,000 to support the very important services we provide at The Aliveness Project – including our food shelf, hot meal program, integrated therapies, case management and so much more!

I want to take a moment to thank all you diners, ambassadors, visibility people, Sven, Monica, Erica (Miss Minnesota-USA), the staff of The Aliveness Project, Borders, Monkey in a Dryer (who made and helped sponsor our T-shirts), and so many other people that make this great event happen each year.

Below are some photos from the day. **Thanks again for everyone's support and participation!**

– Tim Marburger, Director of Fundraising & Special Events



By Dan Gerard, Team Aliveness Member & Cook

June is upon us, and we are gearing up for the Seventh Annual Red Ribbon Ride fundraiser. This is a four day, nearly 300 mile bike ride that will start with an Opening Ceremony at the Mall of America East Rotunda on Thursday, July 16th, and end with a closing ceremony at the beautiful State Capitol in St. Paul, July 19th.

Last year Team Aliveness raised over

\$22,000 of the \$490,223 total. This year our team's goal is \$25,000.00 and the Ride's goal is \$500,000.

Each rider is committed to raise a minimum of \$1,500.00 to participate. We are asking you to be generous, and support your favorite rider, or contact Joe Larson or Sean Divine, to give a general team donation, and they will pass it along to a rider that needs it to meet the minimum. Regardless, all donations go to the Red Ribbon Ride, and eventually go to the agencies that do the life enhancing work for persons living with HIV/AIDS.

The dollars raised for this event benefit seven incredible Minnesota AIDS service organizations: The Aliveness Project, African American AIDS Task Force, Clare Housing, Hope House of St. Croix Valley, Minnesota AIDS Project, Park House, and Rural AIDS Action Network.

Team Aliveness is going to be quite large again this year — with 22 riders and crew signed up, or verbally committed so far. It's not too late to join the fun, and there is plenty of time left to fundraise!

Participating in the Red Ribbon Ride is a challenging, yet rewarding experience. It takes a fair commitment of time, and energy, to raise the funds, and prepare you and your equipment. The Ride can be a nice break from the city as you travel the country roads of beautiful southern Minnesota.

We ride to stress to the people of Minnesota that HIV/AIDS is still a major concern! It gives riders and crew who are HIV-positive (like myself) the chance to better their health and say I can do this! This is a life-changing experience for all who participate.

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HEALTH AND WELLNESS PROGRAM

Living Longer! Living Stronger!

The last week of February, the Health and Wellness staff joined with 20 members of the Aliveness Project to evaluate the previous three months of the Health and Wellness Program. Much of the feedback centered on providing more topics that are motivational in nature, helping Aliveness Project members to live brilliantly and fully-alive, rather than focusing on issues that suggest that they are 'victims.'

In addition, the group felt that the positive-sex education provided by Clare from Smitten Kitten was very helpful and encouraging. It is clear our members feel that the much of language around sex and protecting others from HIV infection is negative and demeaning.

A lot of discussion focused on developing programming that targets specific homogeneous groups of members at The Aliveness Project. Seeking to address this issue, our Health and Wellness staff is going to offer a special series on "Women Living with HIV" during the month of June. We also plan to offer programming for Spanish-speaking members, as well as a bimonthly session to address "HIV 101" for newly-infected individuals or new members of The Aliveness Project. More information will be forthcoming about all these initiatives.

This fall we hope to offer a day-long Health and Wellness conference at an off-site location. We are currently looking for funding for the project, and once funding is secured we will be planning the topics.



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Cynthia Thomas is a practicing herbalist, educator, massage therapist and doula serving the Twin Cities area. Through Sacred

Journey Healing Arts, she brings healing and education to the community. Cynthia treats each person as a whole — helping to restore balance of the body, mind and spirit. She has been working with medicinal herbs for 20 years, studying Western European and Native American traditions. She has studied under Matthew Wood, Margi Flint and David Winston, and earned a Bachelor degree in Herbal Sciences from Bastyr University in 2004. In herbal consultations, Cynthia takes a thorough health history, assessing diet and lifestyle, and uses a holistic approach to incorporate herbs into a personalized health protocol. Cynthia teaches

June/July is The Aliveness Project's Health and Wellness Program's WOMEN'S MONTH!

WOMEN! These sessions are JUST FOR YOU! We would like to have you present for all three sessions if possible! Space is limited to 20 women!

Thursday, June 18 @ 6:00 pm – "Journaling and Spirituality for WOMEN!" – Rena Cade

Thursday, June 25 @ 6:00 pm – "Women's Health Issues & HIV" – Dr. Patsy Parker (Gynecologist & Women's Health Issues Activist)

Thursday, July 2 @ 6:00 pm – "Facials & Make-Up for Positive Women!" – Gretchen Ginter, Esthetician, will help our beauty shine!

Please Sign-up at the front Desk for the EVENTS ABOVE!

Tuesday, July 14 @ 6:00 pm – "How We Get Sick and How We Get Well"

What happens to our bodies when we start using integrative therapies. Emotional change affects the physical! – Bette Jo Arnett, BS, Classical Homeopath Presents

James Pennington (Health and Wellness Coordinator) and Darin Olsen (Health and Wellness Peer Educator), would like to thank you for your suggestions and participation in "Living Stronger! Living Longer!" as we have been the process of designing the program and meeting the needs of the Aliveness Membership. Please ALWAYS free to 'bend our ears' by catching us around the building or placing a note in our mail boxes at the front desk! Let's all live strong and live long together!

classes in herbal medicine throughout the Twin Cities. She is the past president of the Board of Directors for the North Country Herbalist Guild.

I also want to announce that our **HIV Community Picnic** will take place on **Friday, July 10 from noon until 3:00 p.m.** The picnic will take place at the same location as last year, at Wabun Shelter A at Minnehaha Falls Park. Maps will be available at the front desk and included in food shelf bags. Please call or sign up at the front desk if you plan to attend. The sign up sheet will be available as of June 15. Friends and family are welcome, so please have an exact count as to how many guests you plan to bring. There will be hamburgers, brats, and hot dogs on the grill, potato salad, chips, and more to eat. We will have games to play and prizes for bingo. There is a small children's wading pool next to this site, so tell kids to bring a swimsuit. I look forward to seeing everyone there!



Walter Gies has worked as a social work intern with The Aliveness Project since September 2008. Walter just graduated from Augsburg College with a Bachelor of Social Work degree. He has worked with Johnny Herda-Anzaldo, our Director of Case Management and Membership Services, in helping members who need assistance with finding a variety of resources.

Did anything about The Aliveness Project surprise you?

I was surprised to see a community approach act as such a vital and innovative agent for change in peoples' lives. In my social work education, I had numerous internships at different human service organizations. But the nature of service provided at Aliveness is holistic — including medical case management, non-western medicine, space for individual growth and community support. Aliveness touches on the many facets of health.

How has interning here affected your day-to-day life?

It has affected me in many ways. First, I finally have some leg muscles from biking here all winter. Other than physical changes, I have learned more in the time at Aliveness

than all five years of college. People have allowed me to join them on their personal journeys, and seeing people in all of their strength and glory has made me much more optimistic and positive. My own personal agency has grown exponentially.

Has interning here affected your future?

I cannot say enough great things about The Aliveness Project: the people, programs, the food, etc. However, I have to admit, I am totally over the winter. I will be at Aliveness until mid-June and then I am eventually moving to Austin, Texas.

I will be lucky to find a place quite as unique and innovative as The Aliveness Project, but I plan on getting my masters in social work with a focus in community organizing and HIV/AIDS. That being said, I think it is obvious how Aliveness has influenced my future practice.

In the meantime I plan on being irresponsible while I still can, spending some time on the Radical Faerie land in Tennessee, garden a bunch, meet other radical queers, and then (contrary to my mother's wishes) do a grand bike adventure from San Francisco, to Cuernavaca, Mexico.

If you could change something for the better, what would it be and how would you do it?

I think The Aliveness Project does an excellent job. As for change, I have global perspective: I take my inspiration for social change from the movie *Fried Green Tomatoes*. Towanda, the Avenger, manifests herself in Kathy Bates when she declares, "Towanda will go on a rampage... And I'll give half the military budget to people over 65, and declare wrinkles sexually-desirable. Towanda, righter of wrongs, queen beyond compare!"

Summer of Pride Fundraiser — Sunday, June 28

By Tim Marburger, Director of Fundraising & Special Events



Come to this Brunch/ Parade Viewing and "Meet and Greet" with Sven Sundgaard*

The Chambers Hotel
Rooftop Lounge
901 Hennepin Avenue,
Minneapolis

The Chambers will be the place to be on Pride Sunday. Come enjoy a first class brunch, hors d'oeuvres, complimentary gift bags and the best parade view while helping raise funds for The Aliveness Project!

Parade Brunch (9 – 11 a.m.) and Parade Viewing Party (11 a.m. – 2 p.m.)

\$45 per person (if purchased on or before June 4, 2009)
\$50 per person (if purchased June 5, 2009 or after)

Parade Viewing Party Only

\$25 per person (if purchased on or before June 4, 2009)
\$30 per person (if purchased June 5, 2009 or after)

Visit www.aliveness.org/pridecentral.shtml to purchase your tickets for this fun event!

*Weather permitting!

Thanks, Donors!

ORGANIZATIONS

128 Café
318 Café
Air America - AM 950 KTNF
Bar Abilene
Barbette
Beaujo's Wine Bar & Bistro
Beautiful Savior Lutheran Church
Bemis Company Foundation
The Bibelot Shop, Inc.
Black Forest Inn
Blackbird
Bryn Mawr Presbyterian Church,
Sunday School Kids
The Bulldog Lowertown
The Bulldog Minneapolis
Buona Sera
C.C. Club
Cafe Brenda
Café Latte
Café Twenty-Eight
Carver-Scott Education
Cooperative/District 930,
Leadership Class
The Chair Salon
Chiang Mai Thai
City Pages
Clear Channel Outdoor
Colossal Café
Common Roots Cafe
Cuppa Java
Curran's Restaurant
Eden Avenue Grill
Falafel King
First Course
Galactic Pizza
Girl Scouts #10888
Godiva Chocolatier
Great Waters Brewing Company
HealthSource - Golden Valley
Heidi's Minneapolis
Hennepin Theatre Trust
History Theatre
Hot Plate
IBM Employee Services Center
Ichiban Japanese Steak House
Imagehaus
The Imperial Court of Minnesota
KARE 11
Khyber Pass Café
Koyi Sushi
Laredo's Tex-West Grill
Lavender Magazine
The Loft Literary Center
Macemon Photography
May Day Café
McCoy's Public House
The Medtronic Foundation
Meghan Doll Studios
Metro Lakes Boy Scouts
Midori's Floating World Café
Minneapolis Eagle
Minnesota Timberwolves
FastBreak Foundation

Northwestern Health Sciences
University
Outfront Minnesota
The Palomino Restaurant
Prestons Urban Pub
The Purple Onion Café
The Q Kindness Café
Rail Station Bar & Grill
Rainbow Families
RE/MAX Results - Amy Ruzick
& Kay T. Johnson
Red Stag Supperclub
Regency Beauty Institute
The Rising Sun Medicine
Group: The Mankind Project
Riverview Theater
ROR Tax Professionals, LLC
Sanctuary
Sawatdee St. Paul
Sawatdee Thai Restaurant
Senor Wong
Starbucks Coffee - 6th Street
Starbucks Coffee - 9th Street
Starbucks Coffee - One
Financial Plaza
Supatra's Thai Cuisine
T.J. Maxx
Tam-Tam's African Restaurant
Ticket Works
Tickles Food & Bar
Trattoria da Vinci
Treasure Island Resort & Casino
Twin Cities Dining Guide
United Way
Vina Restaurant
Wallace Carlson Printing
Walling, Berg & Debele, PA
Woolley's - St. Paul
Yum!

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Amanda Woodward
John Work & Dennis Walston
Cory S Wray & Eric Maass
Laurissa Wredberg
Leslee Youngren & Rachel Larson
Russell Ythri
Becky J. Zeilinger
Joline Zepceuski
Karen Ziegelman & Janet Hugger

*Denotes Friends of Aliveness
Program donors, who pledge
monthly gifts.

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So, come join us, by riding, cheering, and donating. We believe in this enough to ride 300 miles on a bicycle, to wake up very early to serve breakfast as part of the crew, or work late into the evening rubbing out those sore muscles as a volunteer massage therapist.

2009 Team Aliveness Captain: Sean Divine

Riders:

Johnny
Anderson
Jeremy Bjerke
Andy Ernst
Dan Gerard
John Hankins
Mark Jensen
Charlie Jordan
Jeff Luedtke
Deb Malmon
Andy Momont
Israel Payne
Derrick Revies
Terry Sainio
Glade
Woolstenhulme

Crew:

Marsha Berry
Kim Langness
Judy Ratliff
Tedd Richardson
Bonnie Sainio



To make an easy online donation to a rider, visit www.redribbonride.org.

Food Shelf News

By Dan Capelli

In the last newsletter, I promised to report the figures from the **March FoodShare Campaign**. We collected 2,185 pounds of food and also collected \$2,206 for our food shelf. The food drive at **The Wedge Community Co-op** took in 1,430 pounds and \$723.51—very impressive numbers!

I have to throw out kudos to everyone who made a donation for the March Campaign and also to the staff, members and customers from The Wedge. Also, thanks to all the fantastic volunteers who helped on each shift. Some even took two shifts! Thanks to you all!

We will be holding another Food Drive at the Wedge on Saturday and Sunday, June 13-14. So, if you want to sign up for a shift or two, please call Monica or Dan at 612.822.7946 or e-mail to foodshelf@aliveness.org. We always have a lot of fun on the food drives so if you have never volunteered, sign up and give us some help.

Keep those recycled handle-bags coming. The response has been so fantastic, I am speechless! For the folks who don't know, we have been asking for their recycled tall-handle bags, (sorry we can't use the shorter bags because we can't fit all the delicious food in them). This saves us a lot of money every month. Thanks for all your help! See ya at the food drive!

June/July 2009

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**This year's Red Ribbon Ride
will take place July 16 -19.**

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