

the Aliveness

Serving Our HIV/AIDS Community Since 1985 November/December 2009 Vol. 19, Issue 3



Miracle on 38th Street



It's time once again for that magical program that transforms The Aliveness Project into Santa's workshop! This will be 22nd annual Holiday Basket Program for individuals living with HIV/AIDS.

This program was started in 1988 because many individuals living with this disease were rejected by their families or communities and felt horribly isolated during the holiday season. Unfortunately, many of our program recipients have been rejected by relatives or have lost family members due to HIV/AIDS. Two-thirds of those we serve also live in poverty and cannot afford gifts for their children or family members.

Last year we distributed 685 baskets with gifts for 948 adults and 428 children — a 9% increase from the previous year. Given the current economy, we expect a similar increase this year because so many of our members are in need.

Here is a letter we received from one of last year's recipients:

"I want to thank everyone involved in the Holiday Basket Program. Your presents were the only ones I had to open on Christmas. It really helped keep up my spirits in a time of year that is always somewhat depressing for me. I know that I am not alone in this feeling. Thank you for showing that someone still cares!"

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Help someone in need this holiday season



This will be the ninth year that I have witnessed the miracle of how thousands of gifts are lovingly donated, wrapped and distributed by hundreds of volunteers.

The holidays are a time when we all think about giving. Oprah Winfrey once said: "I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life."

Our Holiday Basket Program provides the opportunity for people like you to touch the life of someone who feels alone or rejected during this time of year. You can help by signing up to adopt one or more baskets, volunteering to wrap presents or deliver baskets, or by spreading the word about this special program to your friends, family members, co-workers or members of your faith community (see pages 10-11).

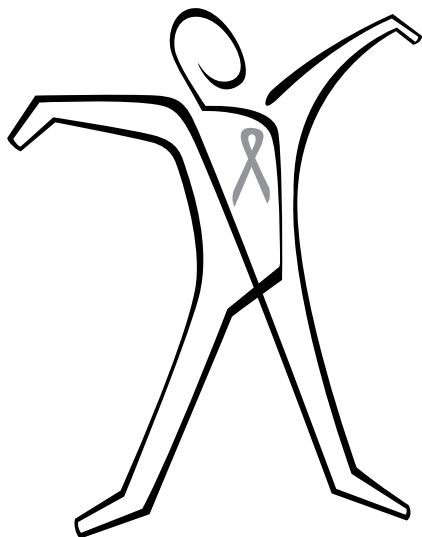
If you don't have time to volunteer, you can still be part of this "Miracle on 38th Street" by making a tax-deductible gift to support this and other programs offered year-round by The Aliveness Project.

Best wishes to you and your loved ones for a healthy and happy holiday season!

- Joe Larson
Executive Director



THE ALIVENESS PROJECT



Holiday Hours:

- **Thanksgiving:** Our office will be closed from Thursday, November 26 through Sunday, November 29. This year, our Thanksgiving Meal will be served from noon to 2:00 pm on Wednesday, November 25.
- **Christmas:** Our office will be closed on from Friday, December 25 through Sunday, December 27.
- **New Year's Day:** Our office will be closed on from Friday, January 1 through Sunday, January 3.

Basket Pick-up & Delivery Times:

Hanukkah Baskets (pick-up and delivery):
Friday, December 11
9:00 AM - 1:00 PM

Holiday Baskets Pick-up:
Tuesday & Wednesday, December 22 & 23
Noon - 7:00 PM

Holiday Baskets Deliveries:
Thursday, December 24
9:00 AM - 1:00 PM

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The Alveline

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.



TY DAHLKE,
medical case management social work intern

My name is Ty Dahlke and I am the new medical case management social work intern. I am a senior social work major at Augsburg College. I am originally from the Chicago area. I have been here in Minneapolis for four years.

I decided on being a social worker because of the life experiences I have had. I'm still open to the area of social work, but I would like to use my Spanish to work within the Latino population if possible. I am open to finding work after graduation in the US or abroad.

I play the tuba and am in the school band. Last semester, I studied in Cuernavaca, Mexico to improve my Spanish. I will be here at The Aliveness Project until May working with Johnny. I am looking forward to working with everyone.



Hanna Dorn,
receptionist

Hanna, our newest staff member, is a graduate of Oberlin College and the University of Minnesota. She spent two years in the Peace Corps working for a West Indian government HIV/AIDS program. In addition to her work at The Aliveness Project, Hanna teaches piano and freelances as a singer and conductor.

Food Shelf News

by Dan Capelli

It's beginning to look like "Holiday Baskets" at the Project, but I have to take you back to September; we did our last Food Drive at The Wedge Community Co-op for 2009. We collected 1,873 pounds of food and \$712.24 — impressive figures! The volunteers were energetic and ready for a fun experience. Let me throw some kudos to all those volunteers that stand out in any weather for The Aliveness Project. In September these folks volunteered their time: Mike P., Greg S., Tim M., Randy H., Kevin B., Kelly B., Jimmy M., Karen L., Mark J., Mark L., Jonathan BG., Ida M., Yvonne K., Steve S., Michael O., Todd W., Jonathan D., Tim S., Hanna D., Doug M.

I must also thank The Wedge Community Co-op and

all their staff and workers for putting up with us four times a year. We salute you.

During the holiday season, if you are hosting a party, ask the people that are attending to bring a non-perishable food item to your party. If you want to have a Food Drive at work, school, or wherever, you can go to www.aliveness.org/foodshelf.htm, and download our Food Drive Tip Sheet — this will give you an idea of how to run a Food Drive. You can also call me with any questions at 612 822-7946 ext. 205.

Please keep those recycled tall handle bags. We save a lot of money using your recycled bags. Thanks for all you folks that keep doing this!

Finally, I would like to wish you all a wonderful and magical holiday season and a very, very, happy new year.

HEALTH AND WELLNESS PROGRAM

Living Longer! Living Stronger!

Health And Wellness For Spanish-Speaking Members

The Aliveness Project Health and Wellness Program has just completed a series of educational programs for our Latino members. And it was a great series! Twenty Spanish-speaking Aliveness Project members took advantage of the programming. Antonio Marante, from West Side Clinic in St. Paul presented on “Making Your Health Care the Best It Can Be” and HIV 101.

The closing event was a dinner and presentation held at “Spill the Wine.” Ricardo Rivera flew to Minneapolis all the way from Seattle to present “Healthy Start – HIV” in Spanish and field questions from the group. Fifteen Individuals were in attendance at the dinner at Spill the Wine and enjoyed an evening of great food and stimulating conversation. Ricardo engaged in open dialogue with attendees for over an hour and a half! This afforded a safe and open space for participants to talk about HIV care and treatment, barriers to services, and HIV stigma in the Latino community, as well as other concerns.

It became clear in our first ever educational programming for HIV positive Latino individuals that there are cultural barriers to health care and education. It is difficult for many individuals who are HIV positive and Latino to be out with family and friends about their status. Even walking into The Aliveness Project can be difficult for some. As we continue to expand and develop our Health and Wellness Programming, this feedback will be taken into account as we all seek to live healthy and brilliantly with HIV.

Women’s Journaling and Spirituality

Rena Cade has returned to provide Health and Wellness programming for HIV positive women. Rena is facilitating a monthly program entitled: “Journaling and Spirituality for Women.” The women who have attended in the past have found that having a safe space to express their issues surrounding HIV, women’s mental, physical and spiritual health and related issues has been healing and transformative.

Future dates for “Women’s Journaling and Spirituality” are **Monday, November 9 at 6:00 pm** and **Monday, December 7 at 6:00 p.m.** The November 9 meeting will be held in the group room on the second floor of The Aliveness Project and the December 14 meeting will be held in the

office right off the Library on the second floor (or at another location depending on Holiday Basket Program activities!) Please sign-up with the receptionist if you are interested in being a part of this journey into Women’s physical, mental and spiritual health.

HIV and Aging

Many Aliveness Project members have expressed interest in how to manage HIV into the “golden years.” The Health and Wellness Program will be addressing that need on **November 10 at 6:00 p.m.** at Aliveness Project. Brian Goodroad, Infectious Disease Nurse Practitioner from Clinic 42 at Abbott/Northwestern Hospital, will be with us to talk about “HIV and Aging.” We will also be serving plenty of **Jakeeno’s pizza and salad for your dining pleasure!** Please join us for this important and informative session in the group room on the second floor of The Aliveness Project.

Health and Wellness Program Upcoming Events:

Happy Holidays? Are They Really?

We know the holidays are wonderful and festive, but we also know the holidays can be stressful. Family dynamics, managing your HIV during the holiday festivities, and trying to afford gifts for family and friends can all lead to stress. Please join us as Bruce Fisher—a brilliant community therapist—helps us to understand and deal with stress and the holidays in a positive and life-giving way! Join us on **Tuesday, November 17 at 6:00 p.m.** (Location to be announced!)

MARK YOUR CALENDAR NOW!

- Monday, November 9, 6 pm – “Journaling & Spirituality for Women”
- Tuesday, November 10, 6 pm — “HIV & Aging” (PIZZA!)
- Tuesday, November 17, 6 pm — “Managing Holiday Stress”
- Monday, December 14, 6 pm — “Journaling & Spirituality for Women”

NOTE: Erika, from Chi-Town, will be back with us in December — date to be announced (probably a Tuesday evening). Erika’s December educational dinner will be held at Sawatdee Thai in Minneapolis. (607 Washington Avenue S, Minneapolis, MN)

PLEASE SIGN-UP FOR ALL EVENTS WITH OUR RECEPTIONIST – **ATTEND AN EVENT AND RECEIVE A \$5.00 TARGET GIFT CARD (WHILE SUPPLIES LAST)!**

A Letter from Monica

Yes, indeed Holiday Baskets are upon us! The brightly painted boxes are stacked end upon end in our big room and await your help in filling them. Will you adopt some? Will you bake cookies? Will you help us staff a table at a special event? There are many options as listed in the enclosed application. If you are willing to put in 5- 15 hours a week please contact me for a possible leadership role. We also are pleased to welcome back "Super Bob" Nelson who will be running our Holiday Basket Hotline #207, the easiest way to get your questions answered.

Need plans for Thanksgiving morning? Join the Aliveness Project Team in the Walk to End Hunger! The walk will take place at the Mall of America on Thanksgiving morning, Thursday, November 26 between 7 AM- 10 AM. Walk up to 5 K while you and your family learn about hunger in our community and also enjoy entertainment on various stages. If you join and/or pledge Aliveness Project Team ninety percent of the monies raised will come back to The Aliveness Project, but *you must designate us!* For more info see www.walktoendhunger.org

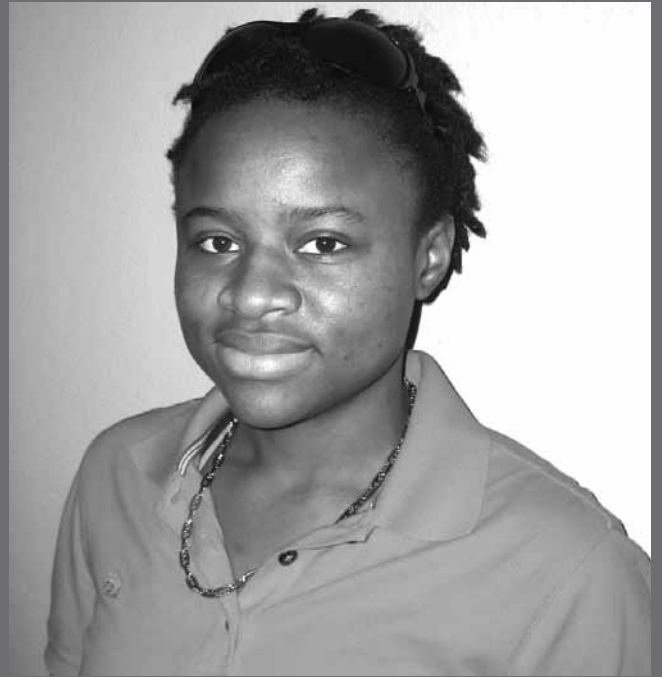
Also at the Mall of America on Saturday February 20th we will again be participating in the HandsOn Twin Cities Volunteer Expo. Come and help us staff the booth and check out all the many other fantastic volunteer opportunities in the Twin Cities. We are still at the top of US cities for highest percent of volunteerism per capita. Come check out why!

Early spring we will be hosting our annual Volunteer Recognition Movie Night. Watch for a date to be published and we hope you'll RSVP to come join us. Do you have a movie suggestion? Let me know soon!

Also, this fall sees us welcoming University of St. Thomas senior Ida Moumeni who will be working with me 10-12 hours a week for the school year. Please see the accompanying introduction and photo and welcome her next time you see her.

As always, thank you to EVERYONE who volunteers with The Aliveness Project. Thank you for sharing your time and spirit with the community, and best wishes to you as we finish another great year. Cheers!

– Monica



Hello Everyone,

I am Ida Moumeni, a new volunteer member here at The Aliveness Project. I am currently a student in my senior year and majoring in Accounting at the University of St Thomas. As you can see, I love numbers so I love people.

I am originally from Douala-Cameroon. I speak fluently three (3) languages, Bafang (a Cameroonian dialect), English, and French. I have two sisters, no brothers but a lot of adopted sisters and brothers. I am a very curious person, so I love to travel and learn new things and meet new people. I have traveled to three continents and several countries. These experiences have made me the person I am today. I am a very open, inclusive, tolerant, and an appreciative person towards humanity.

Here at The Aliveness Project, I hope to meet many nice people and maybe they will make me feel like a part of their family. So please say hi when you walk pass me.

– Ida

What People Living With HIV/AIDS Should Know About H1N1 Flu

Are people living with HIV/AIDS at greater risk of infection with the H1N1 flu?

At the present time, we have no information about the risk of the H1N1 flu in people living with HIV/AIDS. In the past, people living with HIV/AIDS have not appeared to be at any greater risk than the general population for infection with routine seasonal influenza. **However, HIV-infected adults and adolescents, and especially persons with low CD4 cell counts or AIDS, can experience more severe complications of seasonal influenza.** It is therefore possible that HIV-infected adults and adolescents are also at higher risk for complications from infection with the H1N1 flu virus.

What can people living with HIV/AIDS do to protect themselves from H1N1 flu?

HIV-infected individuals should take precautions to protect themselves from the H1N1 flu.

- 1. Wash your hands often (or using an alcohol-based hand sanitizer if soap and water aren't available).**
- 2. Avoid touching your eyes, nose or mouth with your hands — germs spread this way.**
- 3. Try to avoid close contact with sick people.**
- 4. Review CDC's interim recommendations for facemask and respirator use (www.cdc.gov/h1n1flu/masks.htm).**

You should maintain a healthy lifestyle; eat right, get enough sleep, and reduce stress as much as possible. Staying healthy reduces your risk of getting infected by influenza and other infections. Staying healthy also helps your immune system fight off a flu infection should it occur.

If you are currently taking antiretrovirals or antimicrobial prophylaxis against opportunistic infections you should adhere to your prescribed treatment and follow the advice of your health care provider in order to maximize the health of your immune system.

What are the symptoms of H1N1 influenza?

Symptoms of infection with H1N1 influenza are generally the same as for seasonal influenza: fever, cough, sore throat, runny or stuffy nose, headache, body aches (muscle aches or joint pain), chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. Not everyone who has flu will have a fever.

What should people living with HIV/AIDS do if they think they may have the H1N1 flu?

HIV-infected people should do the same things as they would do for routine seasonal flu — contact your health care provider and follow his or her instructions. He or she will determine if laboratory testing or treatment is needed.

If you are sick, stay home and keep away from others as much as possible. This is to keep from making others sick. If you have flu, you should stay at home for at least 24 hours after you no longer have a fever or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

Is there a particular kind of flu vaccine that people living with HIV should get?

For both seasonal flu and H1N1 flu, there are two types of flu vaccine available. People living with HIV should get the “flu shot”- an inactivated vaccine (containing fragments of killed influenza virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people living with HIV.

The other type of flu vaccine — nasal spray flu vaccine (sometimes called LAIV for “live attenuated influenza vaccine”) — is not currently approved for use in HIV-infected persons. This vaccine is made with live, weakened flu viruses that do not cause the flu. LAIV is approved for use in healthy people 2-49 years of age who are not pregnant.

Should HIV-infected people get the seasonal flu vaccine?

Yes. Vaccination against seasonal flu using the inactivated form of the vaccine (shot) is recommended for all HIV-infected adults regardless of age. However, the seasonal flu vaccine is not expected to protect against the H1N1 flu.

Is there treatment against the H1N1 flu for people living with HIV/AIDS?

Yes. The H1N1 flu virus is sensitive to two antiviral drugs: oseltamivir and zanamivir. HIV-infected adults and adolescents with suspected flu infection should contact their health care provider to determine if antiviral treatment is needed. Treatment is most effective if started within 48 hours of onset of symptoms.

How else should people living with HIV/AIDS prepare?

Consult your doctor and make sure all your vaccinations are up-to-date, including vaccination against seasonal influenza and vaccination against bacterial pneumonia caused by the ***Streptococcus pneumoniae***. Bacterial pneumonia from ***Streptococcus pneumoniae*** can be a problem for people living with HIV/AIDS and can also cause complications for people who have the flu. The vaccine against ***Streptococcus pneumoniae*** is different than the vaccine from the influenza vaccine.

Follow local public health advice regarding infection control, avoiding crowds and other social distancing measures based on illness in specific communities.

Stay informed. Health officials will provide additional information as it becomes available on the CDC website at **www.cdc.gov** and **www.flu.gov**. For more information, you can also call **1-800-CDC-INFO** or the **Minnesota FluLine** at **1-866-259-4655**.

This article is based on material from the Flu.gov website at <http://www.flu.gov/individualfamily/healthconditions/aids/adults.html>.



In Living Memory...

Team Aliveness is mourning the death of Jeff “Blanche” Luedtke, who died Wednesday, September 9, 2009. Jeff was an avid biker to say the least. He completed his second Red Ribbon Ride this summer, and had also ridden in the Twin Cities-Chicago ride years ago. Jeff was a key motivator in organizing Team Aliveness training rides this year. His boundless enthusiasm for riding will be sorely missed. Condolences to everyone whose life he touched.

– Sean Divine
Team Aliveness Captain

In Living Memory...

Emma M.

departed this life
August 15, 2009

Michael S.

departed this life
September 5, 2009

Rodney P.

departed this life
July 20, 2009

Thanks, Donors !

Thanks to everyone who gave financial and in-kind gifts between August 11 and October 20, 2009.

ORGANIZATIONS

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Minneapolis,
Employee Group
Bar Abilene
Because We Care
Dignity Twin Cities
Dowling Community
Garden
Greater Minneapolis
Council of Churches,
Minnesota
FoodShare
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Services Center
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Lavender Magazine
Macemon Photography
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TwinsCare, Minnesota
Twins Baseball Club
Wells Fargo
Foundation

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Eleanor Barrett
Dawn Bartell & Lois
Pederson
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Matthew Benson
Mary F. Bergland
Rex J Beyer &
Nick Meyer
Kevin Boedigheimer*
Duane Boom
Kathy Bormann &
Sarah Myott
Dean M. Bruss
Joel Buchan
Jane Buettemeier
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Kathleen L. Johnson &
Delonna J. Darsow
Allison Deyenno
Daniel Dockman
Mary Anne Dolan
Catalina Don
Christopher D. Ertel
Elaine Mae & Michael
Estabrooks
Kevin H. Flam*

Gene & Charlotte
Frampton*
Robert Fredericksen
Joanna Fuller
Thomas J. & Michelle
Gamble
Michael Garret &
Tony Scornavacco*
Steven Garrigan &
Jeff Goodson
Raymond L. Gooderl
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Norman Jones
Cheryl Grady
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Ivars Edens*
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Cecil Cheek*
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Anthony Macula
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Carol Nelson
Fredrick Hey, Jr.
Kari M. Holmberg
Bertine Holmboe*
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Carol Y Waldoch
Ronald Wilson
Helen & Robert Winder
James B. Wolfe
Daniel J. Wolter
Cheryl Yarnott
Becky J. Zeilinger
Dr. Judith Zier
Jim Zink

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

United Way Campaigns



Is your workplace holding a United Way or other community campaign this fall? Many companies allow employees to make designated gifts to 501(c)(3) nonprofit organizations — such as The Aliveness Project! It's an easy way to give through payroll deductions to support our services for people living with HIV/AIDS!

The Aliveness Project Joins the Walk to End Hunger

When: Thanksgiving morning
Thursday, November 26, 2009

Where: The Mall of America – Best Buy Rotunda

Time: 7:00 a.m. – 10 a.m.

The **Walk to End Hunger** is an initiative developed to raise awareness and funds in order to end hunger in the nine-county metro area of Minnesota by 2013. We also seek to gather thousands of non-perishable food items for hunger relief organizations in the Twin Cities. It provides the public with a meaningful, accessible, family-friendly opportunity to contribute to this important cause that addresses the most basic of human needs — hunger.

Sign up to walk for The Aliveness Project by visiting www.walktoendhunger.org. When you register, be sure to designate that you are raising funds for The Aliveness Project and 90% of all monies you raise will come to The Aliveness Project. Make a difference on this important day where so many have so much while so many have so little!

REGISTRATION:

Individuals

\$25 registration before 11/24

\$30 registration after 11/24 or at the door

Families:

\$35 registration for families up to four, before 11/24

\$50 registration, for families up to four, after 11/24 or at the door

Students:

\$15 registration before 11/24

\$20 registration after 11/24 or at the door

A minimum of \$50 must be raised **in addition to registration fee** to receive a free Walk T-shirt. T-shirts will be available for sale at \$10 at the event.

Walk to End Hunger: Thanksgiving Day Morning, Thursday, November 26, 2009 7:00 to 10:00 a.m. at the Best Buy® Rotunda in the Mall of America®.

- 7:00 to 9:30 a.m. Open Registration
- 7:30 to 10:00 a.m. Walk (the 5K route takes less than 2 hours for the average walker to complete; walkers can walk as much or as little as they like). Activities and entertainment will take place at locations around the Walk route.
- 8:30 to 9:30 a.m. Program and Entertainment at the Main Stage in Best Buy Rotunda.



Adoptions, Wrapping and Gifts— Oh My!



It's that time of the year again for our Holiday Basket program. With that comes the adoption of individuals/couple/families. After you have told us how many people you want to adopt, we will provide you with a "wish" list from the person(s). We ask you to spend about \$35 per person in your shopping. When you have finished shopping, please wrap the gifts and deliver them to The Aliveness Project.

This is such an easy AND enjoyable experience — gather your youth group, family, employee group, faith community, bowling league, knitting circle (and the list goes on....) to participate in this exciting endeavor. Last year we had about 75% of the nearly 700 baskets adopted. THANKS to all who participated!

Maybe you want your group to hear more about The Aliveness Project. We have people available to present to groups and discuss the wonderful things that happen here. Call Tim or Monica at 612-822-7946 to schedule a presentation.

Thanks to everyone who has donated, volunteered, supported, and believed in the excellent work that happens at The Aliveness Project. 2009 would not have been the great year it has become without your help. May your holiday season be filled with loved ones, joy and peace in our world and a cure for HIV/AIDS.

— Tim Marburger
Director of Fundraising & Special Events

P.S. Dining Out for Life is April 29, 2010. Mark those calendars!



April 2010						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Share the Spirit of the Season!

Founded in 1985, The Aliveness Project is a local nonprofit agency that offers a variety of services for individuals living with HIV/AIDS in Minnesota. Since 1988, our Holiday Basket Program has provided thousands of baskets to men, women and children affected by HIV/AIDS throughout Minnesota. Typically, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, sewing stockings and quilts, and delivering baskets.

You can help share the spirit of the season this year by adopting a basket, making a donation, or volunteering with our Holiday Basket Program.

Holiday Basket Program Donor & Volunteer Form

We need your help with this year's Holiday Basket Program for people living with HIV/AIDS!

Your care and commitment will help make a brighter holiday season for those in need.

Name(s): _____

Organization: _____

Address: _____

City, State, Zip: _____

Telephone (H): _____ (W) _____

Telephone (Cell): _____ Email _____

ADOPT

☐ I want to adopt (& buy gifts for) a Holiday Basket for: ☐ Individual ☐ Adult Couple ☐ Family

To determine how many people you could adopt (buy and wrap presents for each person), first choose the total amount you want to spend; then divide that total by \$35.00 (the amount we suggest spending on each individual). We will provide you with information for individuals or families, depending on your preference.

My total budget is: \$ _____ **Total number of people to adopt:** _____

DONATE

Please contact me about making an in-kind donation of _____

We need in-kind donations of new clothing, toys (for children & teenagers), mittens/gloves, stocking caps, scarves, quilts, hygiene items, CDs/tapes, candy, nonperishable food, gift certificates, stuffed animals, etc.

☐ Enclosed is a donation for \$ _____. Please make your check payable to "The Aliveness Project."

☐ I want to make a credit card donation. Please charge \$ _____ to my ☐ Visa ☐ MasterCard.

Credit card number: _____ Expiration date: _____

Name on credit card: _____

Your signature: _____

Please use my gift for: ☐ Holiday Baskets ☐ Food Shelf ☐ Meals ☐ Therapies ☐ General Services

This donation is in ☐ Honor (or) ☐ Memory of: _____

VOLUNTEER

☐ Please contact me (us) about volunteering to help with:

☐ Leadership role!* (5-15 hrs/week) ☐ Sewing holiday stockings ☐ Wrapping presents

☐ Special events!** ☐ Phone calls or office help ☐ Soliciting in-kind donations

☐ Driving errands ☐ Sewing quilts / afghans / throws ☐ Baking cookies

☐ Organizing a drive for new clothing, toys or other gifts

☐ Organizing a food drive (for nonperishable food, candy or hygiene items)

☐ Helping with distribution of baskets on: December 22 or 23 (circle date[s] available)

☐ Delivering Hanukkah Baskets on Friday, Dec. 11, 9:00 am - 1:00 pm (requires a vehicle)

☐ Delivering Christmas Baskets on Thursday, Dec. 24, 9:00 am - 1:00 pm (requires a vehicle)

- Preferred Zip Code(s) for Deliveries: _____

- Type & Size of Vehicle: _____

* Leadership roles vary to suit interests & needs. Special events involves staffing booths at concerts, parties, etc.

Notes: _____

IF YOU CAN HELP,
PLEASE SEND THIS FORM TO:
Holiday Basket Program
The Aliveness Project
730 East 38th Street
Minneapolis, MN 55407
TEL: 612-824-LIFE (5433)
FAX: 612-822-9668
E-mail: events@aliveness.org

November/December 2009

730 East 38th Street
Minneapolis, MN 55407
Change Service Requested

Nonprofit Org.
U.S. Postage
PAID
Minneapolis, MN
Permit No. 3134



Holiday Baskets

12 WAYS OF GIVING



1. Adopt A Family
2. Assemble Baskets
3. Light Candles of Hope
4. Wrap Presents
5. Have a Holiday Food Drive
6. Deliver Baskets
7. Prepare a Meal
8. Donate Food
9. Sew Stockings
10. Bake Cookies
11. Donate Money
12. Run a Gift Drive

