



August 21, 2017 Aliveness E-newsletter

### Greetings Stephanie!

It's hard to believe the season is about to change again! As these last days of summer approach, we are already thinking carefully about what Fall and 2018 will bring. This has been a year of many gifts - new people, new donors, new members and new staff - and of course our amazing and solid base of support. The mission and vision of The Aliveness Project is alive and well and continues to move towards alignment and sustainability.

The Aliveness Project's mission is to link people living with HIV to resources for leading healthy, self-directed lives. I recently made some changes to our staffing and Holiday Gift Program to position us for a more flexible budget in 2018 and focus our staffing, fundraising efforts, and spending on providing core services to those heavily reliant on Aliveness as a sustainable source of meals, groceries, and other supportive services. These decisions are never easy, and I want to be clear why these choices were made and assure you Aliveness is in a good place.



So what's changed?

- We reduced spending out of our general operations budget - the dollars that aren't tied to specific project grants or contracts. Unfortunately, this meant losing two part time and one full time administrative staff.
- We are transitioning back to a fully volunteer corps of acupuncture and massage providers in the Integrative Therapies Program.
- A group of Aliveness members and staff are reworking the Holiday Gift Program to be a celebration event with giveaways rather than a matched adoption program. We will work hard to connect folks to additional holiday gift resources to fill any gaps this change leaves. Unexpectedly, it also has provided an opportunity for a new group of members to think differently about what this wonderful event can be for today's PLHIV community. There will still be MANY opportunities for our holiday donors and volunteers to be involved, to shop, to wrap, and bake - no worries there. Stay tuned for details about how you can be involved in upcoming newsletters.

I thank you for your continued support, trust, and for sharing your great ideas and inspiration. We will continue to work towards building reserves and sustainable program models - ensuring we can ride the funding waves and always be here for people living with HIV. If you have any questions, please do not hesitate to be in touch.

With Gratitude,

Amy Moser  
 Executive Director  
[amy@aliveness.org](mailto:amy@aliveness.org)  
 612-822-7946 x201

***Our Mission Statement:  
 The Aliveness Project links people living with HIV to resources  
 for leading healthy, self-directed lives.***

## FOOD AND NUTRITION

### Food Shelf Reaches July Goal!



A BIG thank you to everyone who donated to The Aliveness Project Food Shelf in July! Thanks to your support, we were able to raise \$5,282 and \$5,000 will be matched by [Open Your Heart to the Hungry and Homeless](#). It truly took a community to help us surpass our goal. We're grateful for:

- A successful summer food drive at the Wedge Community Co-Op that brought in **\$1,170.49** and **1,292** pounds of food
- The Nicollet Block Party and Five Watt Coffee hosting a dunk tank that raised \$270
- And many donors who gave online or mailed checks to Aliveness.

The funds raised will provide groceries to people living with HIV that they can use to make nutritious meals at home.

Every day, Minnesotans make over 9,000 visits to food shelves statewide - that is six visits to a food shelf every minute. Food shelves are now part of many families' ongoing strategies to supplement monthly food shortfalls. Since increasing numbers of people rely on food support on a regular basis, The Aliveness Project Food Shelf is proud to offer choices that encourage individuals living with HIV to lead healthy, self-directed lives.

## VOLUNTEER SPOTLIGHT

### **Jeffrey, Administrative Volunteer**

By Jeffrey Q.

I became a volunteer at The Aliveness Project beginning in March 2017. I had just quit my full-time position and wanted to fill my newly-found time with something constructive. One of my favorite past jobs was at the Minnesota AIDS



Jeffrey at the volunteer workstation

Project so I was aware of all the great things The Aliveness Project does. I also have a friend who works at Aliveness, David, and he mentioned contacting Laura about volunteering. I look forward to every Thursday when I come to volunteer! What a marvelous group of people who I get to work with and I am glad to be able to contribute in a small way.

The Aliveness Project needs administrative and front desk volunteers. Sound interesting? Contact Laura at [laura@aliveness.org](mailto:laura@aliveness.org) or 612-822-7946 ext. 221 for more information.

## DEVELOPMENT NEWS

### **South Nicollet Summer Jam - Aliveness Dunk Tank**

On Saturday, July 15, businesses along 38th Street and Nicollet Avenue - Five Watt Coffee, Blackbird Café, Nighthawks, Pompadour, and Finer Meets - hosted the South Nicollet Summer Jam. The day was filled with food, a bouncy house, face-painting, an art show pop-up, and an impressive lineup of local musicians. The Aliveness Project was also invited to be the beneficiary of a dunk tank. Despite the heat, we raised \$270 for the Food Shelf! The donation also was matched by Open Your Heart to the Hungry and Homeless for a grand total of \$540. Thank you to all of the volunteers and to the local businesses who invited us to take part in this fun event.

The Aliveness Project needs administrative and front desk volunteers. Sound interesting? Contact Laura at [laura@aliveness.org](mailto:laura@aliveness.org) or 612-822-7946 ext. 221 for more information.





Kate was one of the volunteers who helped Laura run the dunk tank. She also volunteers weekly in our garden.

### RED RIBBON RIDE 2017



Red Ribbon Ride 2017 was a huge success this year!  
Team Aliveness raised over \$6,000 in donations.  
Thank you to our Riders, Crew Members, Volunteers and Donors who made it possible!  
Register for 2018 at: [www.redribbonride.org/2018](http://www.redribbonride.org/2018)

## MEMBER SERVICES

### ALIVENESS ANNUAL PICNIC



A big thank you to the 150 people who came to The [Aliveness Project Annual Picnic](#) at MLK Park on Saturday, August 5. A good time was had by all with delicious food, cute animals, BINGO, prizes, and community. We are planning on the next Annual Picnic to be held on the first Saturday of August in 2018.

Paul Nemeth  
Member Services Coordinator  
612-822-7946 ext. 222  
[paul@aliveness.org](mailto:paul@aliveness.org)

**WELCOME HOME ALIVENESS MEMBERS!**





The [Marshall Flats](#) property opened this month (8/1/17) through [Clare Housing](#), and we've had great success in housing Aliveness members at this location! With Coordinated Entry being offered daily at our organization, we have really been able to "fast-track" our members into housing! Currently, we have referred over 30 people to the new building, and have successfully housed at least 13 of that 30 in just the last 15 days! Things are looking up and we greatly appreciate our strong relationship with our community partner Clare Housing. With market-rate housing vacancies in Minneapolis remaining at about 1%, it is of the upmost importance that we make alternative connections whenever possible. Congratulations to all of the individuals moving from homelessness to housing this year!

Breana Guernsey, LSW  
Lead Case Manager  
612-822-7946 ext. 223  
[breana@aliveness.org](mailto:breana@aliveness.org)

## OUTREACH AND PREVENTION

### ON TRACK TO LINK TO CARE



Outreach programs had a very busy and successful month in July, identifying 4 people out of care and helping link them all to care. While testing was a bit down, this increase in identifying people out of care shows us that our outreach strategies are working and that we are reaching the people we need to be reaching and successfully linking them to care.

Gelli Overton

Outreach and Care Linkage Manager  
612-822-7946 ext. 209  
[gelli@aliveness.org](mailto:gelli@aliveness.org)

## MEDS4LIFE

### Be a Meds4Life Supporter!



Are you living with HIV in Minnesota and taking HIV medications?  
Do you have private insurance?

If so, you may qualify for [Meds4Life](#). As a Meds4Life Supporter, you have an opportunity to give financially to the Aliveness community at no cost to you.

Contact Arissa Anderson, nutrition & wellness programs director, at [Meds4Life@aliveness.org](mailto:Meds4Life@aliveness.org) or 612-822-7946, ext. 217 for more information or to be screened for eligibility.

[Click here to learn more](#)

## UPCOMING EVENTS



### Events for Members:

#### **Mon, Aug 21, 11-11:45am**

Meditation Monday with Matt (every 1st and 3rd Monday)

Join us for meditation - Zen Buddhist style. Sign up at our front desk. Drop-ins also welcome.  
3808 Nicollet Avenue, Minneapolis

#### **Mon, Aug 21, 6pm-7pm**

"So POZ +/- TC" Recovery Meeting (every Monday)

A group for HIV positive and negative people in sobriety use our conference room on Monday evenings from 6-7 pm for meetings. All are welcome! For more info, visit [sopoztc.org](http://sopoztc.org) or find them on Facebook at So Poz +/- TC.

3808 Nicollet Avenue, Minneapolis

#### **Tues, Aug 22, 3:30pm-5pm** (every Tuesday)

T'ai Chi, All members are welcome to join instructor Stephen to learn the ancient, fluid movements of t'ai chi. It is designed to provide a gentle workout and bring energy and peace to the mind and body. For more information, contact Arissa Anderson at [arissa@aliveness.org](mailto:arissa@aliveness.org), (612) 822-7946, ext. 217.

3808 Nicollet Avenue, Minneapolis

#### **Fri, Sept 1, 2pm- 3pm** (every Friday)

Harm Reduction/Recovery Support Group

Eric Clemensen, our new drug and alcohol counselor from HCMC, will be facilitating a support group focused on harm reduction and recovery. Please note that this is open to members who are sober OR using and trying to be safer. This is for Aliveness members only, please. For more details, contact Eric at (612) 822-7946, ext. 218 or (612) 296-8911.

3808 Nicollet Avenue, Minneapolis

**Fri, Sept 15, 10am-12pm** (every third Friday)

OWWLs' is a peer support group for HIV+ women & women affected by HIV. It is a place for women to share their joys, victories, sorrows, losses, and experiences  
3808 Nicollet Avenue, Minneapolis

**Fri, Sept 15, 2-4pm**

Storytelling workshop for members, Aliveness Conference Room (every 3rd Friday of the month)  
3808 Nicollet Avenue, Minneapolis

**Events for Members and Others:****Wed, Aug 23, 5:30-6:30pm**

Aliveness Community Garden Meeting (every Wednesday)  
Dr. Martin Luther King, Jr. Memorial Park, 4055 Nicollet Avenue, Minneapolis

**Sat, Sept 16, 3pm - 6pm**, (every third Saturday)

"HAM Time" Youth Art Group. Local group Madame of the Arts runs a queer/trans art group for youth ages 12-21 called "Ham Time." Ham Time meets monthly on the third Saturday at Aliveness when the building is closed to members and the general public. For more information, contact Gelli Overton, Peer Program Coordinator, at (612) 822-7946, ext. 209, gelli@aliveness.org.  
3808 Nicollet Avenue, Minneapolis

**Tues, Sept 19, 6-8pm**

Board of Directors meeting, Aliveness Conference Room  
3808 Nicollet Avenue, Minneapolis

**SAVE THE DATE OCTOBER 12-14**

Save the date for this upcoming performance. A percentage of the profits will benefit Aliveness!  
Click the picture for more information.

The Aliveness Project | 612-824-LIFE (5433) | [events@aliveness.org](mailto:events@aliveness.org)

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

3808 Nicollet Avenue, Minneapolis, MN 55409

STAY CONNECTED:





The Aliveness Project, 3808 Nicollet Avenue, Minneapolis, MN 55409

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