

The Warmth of this Winter Season.



Dec. 22, 2016 Aliveness E-newsletter

Greetings!

A very Happy Holiday to each and every one of you from The Aliveness Project. Your support, in all of the ways you support us through the year, is of immeasurable value, and for this, I say thank you.

Soon we will start to tally our annual impact - how many yummy meals were eaten? How many members received case management? How many people living with HIV were found out of care and got connected to a doctor? How many people were given a Holiday Gift? (hint - almost 1400!) How many volunteers stepped in to expand our program and fundraising capacity? How many donors got out their check books (or debit cards) to invest in this important mission?



With your help, The Aliveness Project touches thousands of lives every single year. Thousands. Members, volunteers, donors, people in our communities. This thriving organization and its dedicated staff, volunteers, and donors give and give and then finds ways to give some more.

As we wrap up our fiscal year, I would ask you to take one last look at our impact and ask yourself, how much does The Aliveness Project matter to me? How important is it to my community? What am I willing to invest to ensure this organization keeps thriving? I am most grateful to everyone who has given time and financially this fiscal year. And I would ask, if you have not yet made a donation to The Aliveness Project, to consider doing so before December 31. Your tax deductible donation ensures anyone with HIV has a safe place to build community and get the tools necessary to lead a healthy, self-directed life.

Thank you for making The Aliveness Project a part of your impact.

With gratitude,

Amy Moser
Executive Director,
amy@aliveness.org
612-822-7946 x201

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

HOLIDAY GIFT PROGRAM

You Are Amazing!

The holiday season is in full swing here at Aliveness and we have been the recipient of so much kindness and generosity. Our stellar

volunteers and donors and adopters have provided us with all kinds of gifts and goodies and people power for our Holiday Gift Program.

We had a great response from individuals from the community, as well as groups (including RE/MAX RESULTS, General Mills, Hyatt Regency Minneapolis, First Christian Church and the Blaisdell Bakers), all of whom donated dozens of beautiful and tasty cookies to put in our members' holiday gift bags.



Bachman's has once again provided hundreds of beautiful poinsettias for our members. And many talented individuals and groups have sewn colorful stockings to include in the 780 gift bags (which include gifts for 1400 Aliveness members and their families) that are being picked up and delivered this week.

We will wrap up on Friday, December 23 with our big delivery day (we are closed for services to our members that day). We can't wait to see all of our eager volunteer drivers ready to deliver bags of holiday cheer across the Twin Cities. Bring your appetite, delivery volunteers! Chef Sam is cooking up some special treats for you.

Thank you, thank you, thank you from the bottom of our hearts. We couldn't do this without all of your generous support!

DEVELOPMENTS IN DEVELOPMENT



The Walk to End Hunger - Thank You!

Aliveness Project members, volunteers, and staff gathered at the Mall of America on Thanksgiving morning for the Walk to End Hunger. The Walk to End Hunger - sponsored by The Mosaic Company - is a family-friendly walk benefiting hunger relief organizations in the Twin Cities. This year's event attracted over 5,000 walkers who raised over \$295,000 for the 12 participating organizations. Team Aliveness had 43 walkers collect \$2,315 in gifts. In total, over \$4,000 was

raised for The Aliveness Project, benefiting our food shelf and meal programs. Dollars raised ensure people living with HIV have access to healthy meals and groceries.

Thank you to everyone who walked on our behalf and stopped by our Fun Zone table to spin the wheel or play Plink-o!

Jennifer Dieter, Development Director, jenniferd@aliveness.org, 612-822-7946 x204

PREVENTION AND OUTREACH PROGRAM

Outreach and Care Linkage Success

Our Outreach and Care Linkage team does a lot of work identifying and testing high risk populations. Sometimes we come across unexpected barriers while serving the community.

Recently, someone who wanted an HIV test was brought in by one of our members but this person did not speak very much English. They consented to testing via the language line (phone translators). We were able to test them, learn about their risks, give their results, and answer of all of their questions. We were also able to link them to all of the services they needed with providers that spoke their first language. We consider this a great success as everyone should be able to access the services they need and be referred to providers that can help them on their own terms.



Gelli Overton, Outreach & Care Linkage Manager, gelli@aliveness.org, 612-822-7946 x209



A Note From Chef Sam on Our Beloved Volunteer Brenda's Passing:

This is going to be an extremely challenging adjustment here in the kitchen as we had the privilege of working with Brenda 2-3 days per week for the last year. This is also challenging to write, as I am not sure how to write such mushy stuff about someone who had such a witty sarcastic humor and no frills attitude.

When I asked Brenda why she chose to volunteer here at The Aliveness Project, she told me she came here to WORK! She went on to tell me that she was not going to be sitting around her house waiting to die! She could be blunt, but that was a part of her charm. Brenda was living with stage four cancer, a fact she made us aware of on her very first day on the job. I mean living, too. Anyone who had the privilege of knowing and working with Brenda, will know that she was never dying from cancer or sick.

You would especially know this if you attended her " I Am Not Dead Yet" party - a fundraiser held here at The Aliveness Project last May.

What Brenda did best was challenge our perceptions of chronic disease - a challenge everyone within these walls faces every day. By giving us her time, Brenda taught us chronic disease DOES NOT KILL YOU. Challenging yourself to live and giving of your time buys you eternal life in the minds and hearts of those you touch.

Sam Brose, Kitchen Manager, sam@aliveness.org, 612-822-7946 x210

Welcome, Colin McGinn Massage Therapist

Aliveness welcomes Colin McGinn to the Integrative Therapies program! Colin recently graduated with honors from Northwestern Health Sciences University and works as a massage therapist at [Healing Elements Wellness Center](#) in Saint Paul. Originally a visual artist, Colin wanted to more directly and positively impact the lives of others. Now he channels his creative problem-solving and insight into the art of massage. Colin is versed in a variety of massage techniques including Swedish/relaxation, deep tissue/trigger point, integrative, sports, and prenatal styles. He uses a combination of deep knowledge of anatomy and compassionate touch, blending the empathic and the analytical to help cause positive change in the muscle tissue. His passion in the field is helping clients to find the source of their physical discomforts and supporting their body in the healing process.



Colin offers individual 60-minute sessions every Monday evening at 5:00 pm and 6:15 pm. Sessions with Colin may be scheduled up to 2 weeks in advance, and advance notice of cancellation is required (at least 30 minutes before your scheduled appointment). We encourage those with more flexible schedules during the day to reserve the 6:15 pm slot for members who work during normal business hours.

Questions about the therapies offered at Aliveness? Interested in volunteering as a practitioner of massage or another healing modality? Please contact Arissa Anderson, Nutrition & Wellness Programs Director, at arissa@aliveness.org, 612-822-7946 x 217.

Welcome, Rick Lancour, Kitchen Assistant

Just a little about myself - I was born in Superior, Wisconsin. I left Superior in 1984 for Kansas City, Missouri, where I lived for 12



years. From there I moved to south Florida where I put down roots for 20 years. For the past 2 1/2 year I have lived in Minneapolis, where I have been active with The Aliveness Project that whole time. I moved back this way to help with my aging parents.

I have a son, daughter, and 4 grandsons, who all live in central Wisconsin. I spent my young adult years working jobs that required heavy labor. The last 20 years of my working career was spent working in various healthcare jobs, which I enjoyed and sometimes miss very much.

I am very happy to have been given the opportunity to work (in the kitchen) at The Aliveness Project. Having lived in other parts of the country, I find we are very fortunate as a community to have the services that are provided to us here. I am also glad to be a part of the very committed and dedicated team of people here at Aliveness.

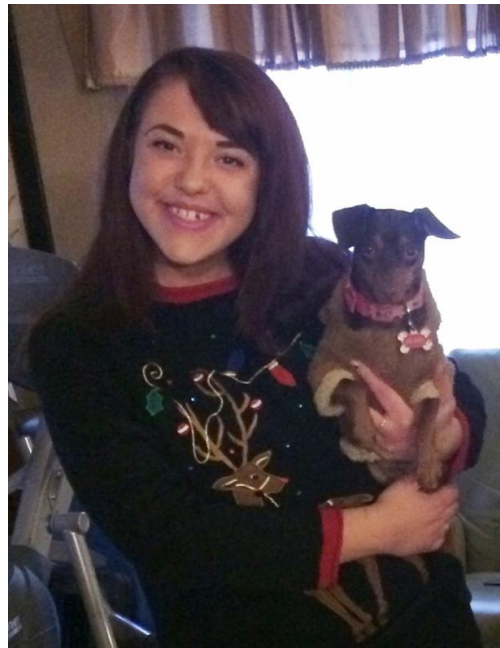
Rick Lancour, rick@aliveness.org, 612-822-7946 x 210

Welcome, Breana Guernsey, Lead Case Manager

I'm Breana Guernsey, and I started with The Aliveness Project as Lead Case Manager in November. Before that, I worked for Hennepin County managing Community Access for Disability Inclusion (CADI) waivers. Before that I worked for Catholic Charities on the Rapid Rehousing Team for two years where I worked to find housing for people experiencing homelessness. I'm a Licensed Social Worker, and I am passionate about making a difference!

In my free time, I'm with my beloved, princess pup Penny. We enjoy long walks on the trail, car riding, and long Netflix binges.

Breana Guernsey, breana@aliveness.org, 612-822-7946 x 223



A SPECIAL THANK YOU



Thank You GROW Landscape

All year round we are so blessed to have the team from [GROW](#) landscape fill our planters with wonderful seasonal greenery outside of both of our building entrances. Thomas McClain and his team do just a wonderful job, making our place so inviting and warm. He donates all of the materials and his time, so we want to take this opportunity to send him and the good folks at GROW landscape a special thank you!

UPCOMING EVENTS



Aliveness Happenings

Events for Members:

December 23, 9 am - 3 pm

Holiday Gift Bag Delivery Day

The Aliveness Project is **CLOSED** for all services on Friday, December 23.
3808 Nicollet Avenue, Minneapolis

December 24, 11 am - 1 pm

The Aliveness Project is **OPEN** as normal for brunch and food shelf pick-ups.
3808 Nicollet Avenue, Minneapolis

December 26, 9 am - 5 pm

The Aliveness Project is **CLOSED** for all services on Monday, December 26 for the holiday.
3808 Nicollet Avenue, Minneapolis

December 27, 6:30 - 8 pm

MAC meeting in the Aliveness Conference Room
3808 Nicollet Avenue, Minneapolis

December 31, 11 am - 1 pm

The Aliveness Project is **OPEN** as normal for brunch and food shelf pick-ups.
3808 Nicollet Avenue, Minneapolis

January 2, 9 am - 5 pm

The Aliveness Project is **CLOSED** for all services on Monday, January 2 for the holiday.
3808 Nicollet Avenue, Minneapolis

January 20, 10 am - Noon

OWWL Support Group in the Aliveness Conference Room
The Aliveness Project, 3808 Nicollet Avenue, Minneapolis

Events for Volunteers:

December 23 from 9 am - 3 pm

Holiday Gift Program Delivery Day

Volunteers: Come to The Aliveness Project, 3808 Nicollet Avenue, Minneapolis

The Aliveness Project | 612-824-LIFE (5433) | officemanager@aliveness.org

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3808 Nicollet Avenue, Minneapolis, MN 55409

STAY CONNECTED:



