

Moving Forward!



Mar. 6, 2017 Aliveline E-newsletter

Greetings Stephanie!

Management tools are funny things. You know the ones. Some author with fancy credentials writes a too-long book outlining the "sure fire way" to motivate employees to do management's bidding. But several years ago, one of my mentors handed this really cool pyramid graphic that explained when your organization focuses first on building trust and inspiring its staff and the community it serves. THAT is when you can truly create direction, get organizational alignment and you start seeing excellent results. We've been working on that as a team - building trust and inspiration inside and out - and I have to say, I think we are on the right track.



Late last month seventy people (yes, that's 7-0) showed up to hear our new business plan. Well, also to drink delicious mocktails made by Chef Sam and enjoy each other's company, but still. We had a fantastic showing at our Strategic Plan roll out - members, volunteers, funders and community partners - all gathered to hear our revised mission statement, to engage with our vision, and hear us chart out the path of our future direction. It was an inspiring evening with motivating, committed people.

Our mission is simple. The Aliveness Project links people living with HIV to resources for leading healthy, self-directed lives. We envision a Minnesota with decreased stigma of HIV/AIDS, increased access to services, and better health outcomes for people living with HIV. Our members feel supported as a part of a safe community center that maximizes their health and well-being. Staff reflect the epidemic; deliver programs that evolve from member needs and a changing environment; and dedicate themselves to the overall health of the Aliveness community.

We do this by valuing diversity, prevention and the voice of the epidemic. We value improved health outcomes, self-determination and the wise use of resources, prioritizing collaboration and partnerships to meet new challenges wherever possible.

For the next several years, we will focus our strategic efforts on six major goals: equitable programs and welcoming spaces and policies, sustainable and meaningful partnerships, comprehensive program evaluation and quality management, improved business processes, strong development and communication systems, and sound leadership to ensure long term growth and stability. You can read in depth descriptions of these goals [here](#).

This is truly an inspired plan, built by over 200 voices committed to the success of The Aliveness Project and the more than 150 individuals who access our programs daily. I thank the community who trusts us with this mission and who provides the support and resources we need to accomplish it. We have a ton of work ahead of us in the next three years and I look forward to keeping you updated on our successes and challenges. So high five to all of you for your support - and a high five to the members we exist for. It's a great day to be Alive.

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.

DINING OUT FOR LIFE



Dining Out for Life Save the Date Thursday, April 27

We are only a couple of months away from Dining Out For Life on April 27 and we have our finger on the pulse of the restaurant scene. We want to give special mention to two James Beard award semifinalists: [Travail Kitchen & Amusements](#) and [Brewer's Table at Surly Brewing Co.](#) They are two of our partner restaurants for Dining Out For Life 2017.

[Click here](#) to check out the full list of restaurants that generously give back every year.

VOLUNTEER AMBASSADOR SPOTLIGHT

Jethra: A Dining Out For Life Volunteer Ambassador

Not only does Jethra volunteer in our kitchen for brunch twice a month, but she has been an Ambassador for Dining Out For Life for five of the past six years! Jethra shared some of her experiences as an Ambassador.

What's the best part of being an Ambassador?

Interacting with all the amazing people who come out in droves to support a really great cause.

What keeps you coming back year after year?

The red apron and the possibility of getting my picture taken with Sven and/or Blake. Just kidding! I feel like it's my way of contributing to a cause and supporting an organization whose mission I believe in.

What are your suggestions for first time Ambassadors?

Don't be nervous. Try to relax and have fun. Most diners either know about Dining Out For Life already and that's why they're there, or they are happy to hear about the fact that unbeknownst to them they are contributing to a good cause. It's always nice to see familiar faces on the day of the big event, so be sure to tell all your friends, family, neighbors, and coworkers to save the date and come to the restaurant where you will be the ambassador. Then keep reminding them every week or so until they promise to show up, just to get you to quit bugging them. Last year I sent reminders that included pictures of delicious food from the restaurant where I was going to be the ambassador. Of course, I ate the food after I photographed it! That was an added bonus - yum!

Why is Aliveness Project's work important to you?

I see firsthand the incredible impact the organization has on the people it serves when I volunteer serving brunch. I know how grateful most of the members are for everything The Aliveness Project has to offer them - a safe space, a sense of community, counseling services, integrative therapies, workshops, the meal program, the food shelf, holiday gifts, and so much more.

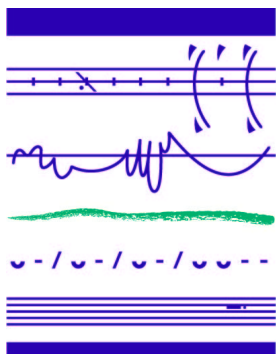


Will you share a story that comes to mind when you think about Dining Out For Life?

The picture above is a group of diners I met last year. These guys felt that the work of The Aliveness Project was so important because there is still such a negative stigma associated with having HIV. We had a very long and interesting conversation about how much things have improved for people living with HIV but how far there still is to go.

Want to volunteer to be an Ambassador for Dining Out For Life? [Sign up on our website](#). Have questions about being an Ambassador? Contact Laura Henry at laura@aliveness.org.

THANK YOU!



MINNESOTA
STATE ARTS BOARD

A Big Thank You!

The Aliveness Project was awarded \$22,423 by the [Minnesota State Arts Board](#) to start a storytelling series. Local arts non-profit [Patrick's Cabaret](#) will start storytelling workshops in May, where teaching artists will help the members of The Aliveness Project tell their stories effectively through art.



Workshops will be held monthly, and after a year, interested members will take part in a storytelling show in the community with all proceeds benefiting The Aliveness Project. A big thank you to Minnesota State Arts Board for this gift and also to Patrick's Cabaret for their work to make this storytelling series happen.

All interested members should contact Paul Nemeth at 612-822-7946 x222.

FOOD AND NUTRITION



March is Minnesota FoodShare Month

[Minnesota FoodShare](#) started in 1982 when the Greater Minneapolis Council of Churches, (GMCC), saw the need to help restock food shelves in the Twin Cities seven-county metro area. It was so successful that it became a statewide program the following year.

Hence, the inception of Minnesota FoodShare month!

The month of March was chosen because most food shelves run out of their holiday supplies of food by then and desperately need to be re-stocked.

Would you like to help folks out who are experiencing food insecurity? You can help to replenish The Aliveness Project's food shelf during March by donating cash or food directly to us, or by holding your own food drive at work, church, school, or anywhere else you go where people gather.

If you need help or materials that will assist you in holding your own food drive you can call Dan Capelli or Jimmy Mattson at 612-822-7946 x205. They will be happy to help you!

Let's have a fantastic March campaign this year!!

Dan Capelli, Food Shelf Manager, dan@aliveness.org, 612-822-7946 x205

Seeing Green: MLK Community Garden

The MLK Donation Garden benefiting The Aliveness Project returns for its second season! 100% of the produce grown goes directly to Aliveness' meal

program and food shelf serving community members living with HIV/AIDS. The first garden meeting will take place Wednesday April 19 from 5:30-6:30pm at the northwest corner of Martin Luther King Park (40th and Nicollet). Come ready to get your hands dirty as we prep the beds, finalize layout and plant cool-weather selections like beets, kale and Swiss chard. Then we will meet every 1st and 3rd Wednesday at 5:30pm throughout the growing season to tend the garden and learn tips from [Hennepin County Master Gardeners](#). Join as often as you can! If you'd like to enroll in the entire series of garden classes with our Master Gardeners at the donation garden, [click here](#).



To kick off the gardening season The Aliveness Project will partner with Minneapolis Parks & Recreation on an [Earth Day Cleanup](#) event at MLK Park on Saturday, April 22 from 9:30am-12pm. Stop by the Aliveness table to chat with master gardeners, tour the garden site, learn how to become more involved, and enjoy a tasting featuring veggies on the list this season for the food shelf and meal program.

Can't attend these events but want to get involved or learn more? Contact Arissa Anderson, Nutrition & Wellness Programs Director at The Aliveness Project, with any questions about the donation garden project: 612-822-7946 x 217 or arissa@aliveness.org.

NEW STAFF SPOTLIGHT



Eric Clemensen Chemical Health Counselor

Eric is with HCMC's Positive Care Center. He is a Licensed Alcohol and Drug Counselor. Prior to HCMC Eric worked in methadone, LGBT specific residential, and outpatient. Eric comes from a harm reduction viewpoint, and loves helping people make the changes they want to make. Eric graduated from Minnesota State University in Mankato.

Eric came to Aliveness to act as a resource to help members with chemical use concerns. He can help educate members about substance abuse whether it be for them or others. Eric can also do Rule 25 assessments for referrals to treatment. He will also be doing group counseling, and individual counseling as requested.

Each Friday from 2-3pm in the Aliveness Conference Room, Eric facilitates a Harm Reduction/Recovery Support Group Eric's services are provided through [HCMC's Positive Care Center](#) - partnering with The Aliveness Project - helping to improve the health of our community.

Eric Clemensen, Chemical Health Counselor, eric.clemensen@hcmcd.org, 612-822-7946 x218

ALIVENESS GAMING PROGRAM

Aliveness Gaming Program Needs Your Help

There are two bills in front of our Minnesota state legislators at this time that will effect non-profit charitable gambling. In the House it is called HF226 and the Senate it is known as SF419. The bills do not change the tax rates, but will provide some relief by allowing organizations to deduct their donations from their taxes.



Currently organizations are taxed first by the state. After paying expenses for games and people, the amount that is left is available for donation. These bills will allow organizations to take a credit for those donations made, thus reducing the total taxes paid. This reduction would mean more funds would be available to give to Aliveness as a donation.

We are asking everyone - members and supporters - to help by writing your House and Senate representatives urging them to support these bills. [Click here](#) to find your representatives. Please

check out our [Gaming Program page](#) for more information on the issue, how to contact your representatives and a sample letter.

Scott Schlaffman, Charitable Gaming Coordinator (volunteer)

RED RIBBON RIDE



Join Us on the Red Ribbon Ride

Ride, Crew, support and Make YOUR Difference. Whether you are a first time participant or a veteran, this event is open to all to join. It is an opportunity you do not want to miss!

Interested in riding or crewing with Team Aliveness? [Click here](#) to join our team.

UPCOMING EVENTS

GOINGS-ON & *Whatnots*

Calendar of Events

Events for Members:

Friday, March 10, 2-3 pm

Harm Reduction/Recovery Support Group in the Aliveness Conference Room (every Friday)
3808 Nicollet Avenue, Minneapolis

Wednesday, March 15, 6-7:30 pm

Free Dinner Presentation: "Treatment as Prevention" (Open to members and volunteers)
[Rainbow Chinese Restaurant & Bar](#) (in **upstairs** party room - you **must** be able to climb stairs)
Dinner provided. Please sign up at our front desk - 612-822-7946.
2739 Nicollet Avenue, Minneapolis

Friday, March 17, 10am-Noon

OWWLs Support Group (Older Women, Wise Ladies) in the Aliveness Conference Room
3808 Nicollet Avenue, Minneapolis

Thursday, March 23, 1-2pm

Members' Workshop: "Lobbying" (in preparation for [AIDS Action Day](#) on March 27)
Aliveness Conference Room (open to members and volunteers)
3808 Nicollet Avenue, Minneapolis

Saturday, March 25, 11am-12:30pm

Park House Reunion in the Aliveness Dining Room or Lobby
3808 Nicollet Avenue, Minneapolis

Sunday, March 26, 11:30am-2pm (dogs and cats only)

Members' Pet Clinic provided by the veterinarians at [People and Pets Together](#)
Call Paul Nemeth at 612-822-7946 x222 to make an appointment for your pet.
3808 Nicollet Avenue, Minneapolis

Tuesday, March 28, 6:30-8pm

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

Wednesday, March 29, 4:30-5:30pm

Hatha Yoga in the Aliveness Tranquility Room (every Wednesday until 4/26)
3808 Nicollet Avenue, Minneapolis

Wednesday, March 29, 5:30-6:30pm

Members' Presentation: "Medical Cannabis" presented by [Minnesota Medical Solutions](#)
Aliveness Conference Room
3808 Nicollet Avenue, Minneapolis

Events for Others:**Saturday & Sunday, March 18-19, 10am-6pm**

Food Drive to benefit Aliveness at [The Wedge Community Co-op](#)
Volunteers Needed! Call Dan Capelli or Jimmy Mattson at 612-822-7946 x205
2105 Lyndale Avenue S., Minneapolis

Saturday, March 18, 6-9:30pm

[North Star Gay Rodeo](#) "Chaps & Hats Auction" at [The Saloon](#)
830 Hennepin Avenue, Minneapolis

Tuesday, March 21, 4-5:30pm

Update for Aliveness Volunteers: "HIV in 2017" with Aliveness staff
Aliveness Conference Room - Come hear what's new in HIV! No registration needed.
3808 Nicollet Avenue, Minneapolis

Tuesday, March 21, 6-8pm

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

Monday, March 27, 8:30am-4pm

[AIDS Action Day](#) at the Minnesota State Capitol
75 Rev. Martin Luther King Jr. Blvd, St Paul

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

www.aliveness.org

3808 Nicollet Avenue, Minneapolis, MN 55409

STAY CONNECTED:



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

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