

The Holidays are in Full Swing at Aliveness!



Oct. 17, 2016 Aliveline E-newsletter

Greetings!

It has been quite a month at sea, has it not? Regardless of where you sit politically, clearly a whole lot of people are having really big feelings about financial security, feeling safe, being targeted and being heard. Some challenging days are ahead. But with challenge, comes opportunity.



I spent the day after the election at the [National Civil Rights Museum in Memphis, Tennessee](#), situated within the Lorraine Hotel, the site of Martin Luther King Jr.'s assassination. It was a wonderful and hard place to be. I was reminded that this struggle is old, deep and predictable. Like clockwork, each time we make strides towards equity as a country, there is a rebound, largely impacting communities of color, immigrants, Native Americans, poor and LGBTQ people. The HIV community, made up of all of these often targeted groups, will again ride a rising tide of discrimination and resource depletion. And that is why we need your support now more than ever. But this isn't just about money.

The only thing that has ever gotten us past this discriminatory and divisive behavior is relationship building. When we know each other's names and stories - even though we are different - we find empathy. We take steps to protect each other. We say hello. We stand up for each other and we hold each other accountable. My friends, now is the time to listen, to make some new friends and check in on old ones. Support a few causes outside of your usual box. Think BIGGER. Go deeper. Here at Aliveness, I offer you the opportunity to volunteer and talk to our members about their full lives, beyond HIV. To Give to the Max every day- and not just to Aliveness. Gather your family to spend Thanksgiving morning with me and hundreds of other people committed to feeding our community at 2016 [Walk to End Hunger](#). Sponsor a [Holiday Gift](#) for a family impacted by HIV - and add a note to let them know YOU are an ally in this struggle.

I am deeply grateful to each of you for your time, your talents and your financial support. To those who Gave to the Max - or mailed in their Year End support - thank you. Thank you to all of you for being present with us, for seizing opportunity to show up however you can, and for your commitment to ensuring everyone has what they need to live a healthy, self-directed life.

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



Celebrate the Spirit of Giving!

780 members have signed up for this year's **Holiday Gift Program**, and we still have 254 members who need to be adopted. Adoptions include the purchase of a \$35 gift card (Target or Cub) for the positive person in the household and warm winter wear for the positive person and all other members of their household. A shopping list will be provided for everyone you adopt.

If you don't want to adopt a member or household, donations of \$35 gift cards to Target or Cub or \$10 gift cards to Target or Walmart are appreciated as is warm winter wear in all sizes (hats, gloves, scarves, socks). Remember Aliveness on Black Friday (11/25) and [Cyber Monday \(11/28\)](#)!

[Learn more about how you can participate on our website!](#)

Wish List: Holiday Gift Program

We are very much in need of the following things.

- Gift Cards: \$35 Target and Cub Foods; \$10 Target and Walmart
- Scissors
- Holiday wrapping paper
- Winter wear (hats, mittens/gloves, scarves, socks) - buy them yourself or hold a drive!
- Volunteers to [deliver holiday gifts](#) to our members on Dec. 23rd - breakfast is on us!
- Generous folks to [adopt a holiday gift bag](#)



DEVELOPMENTS IN DEVELOPMENT



Thank you NSGRA!

A special thanks to the [North Star Gay Rodeo Association](#) for partnering with The Aliveness Project in 2016. The gay rodeo which took place this past July in Hugo, MN raised \$5,000 in contributions -- donations from folks just like you that help Minnesotans living with HIV lead self-directed, healthy lives by using the services we provide here at The Aliveness Project.

We are thrilled that once again, NSGR will partner with Aliveness! We look forward to a galloping good time in 2017.

You Gave to the Max!

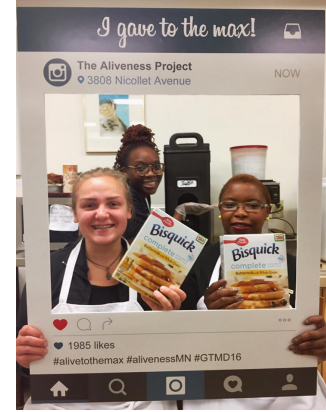
Thank you to the 114 donors who contributed \$11,406 to The Aliveness Project on Give to the Max Day. Your generosity helped us meet our \$4,000 match - raising a total of \$15,406. Thank you to Aliveness Project Board Members for providing a matching gift opportunity to our donors.

We are also grateful to General Mills, Five Watt Coffee, and volunteers for making our first annual Give to the Max Day pancake breakfast a success.

Your contributions are still needed to make our year-end goal. Please consider making a gift to our year-end campaign on our website or by mailing in a check. Your support brings life to The Aliveness Project!

Thanks!

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



Walk to End Hunger

Walk to End Hunger is this Thursday!

There's still time to [join Team Aliveness](#) for The Walk to End Hunger on **Thanksgiving** morning from 7-10 a.m. at the Mall of America. Walk in support of The Aliveness Project's Health and Wellness Programs and ensure that our members have access to nutritious food to maintain strength, energy, and a healthy immune system. Stop by The Aliveness Project's table in Fun Zone 3 to chat with staff and win prizes!

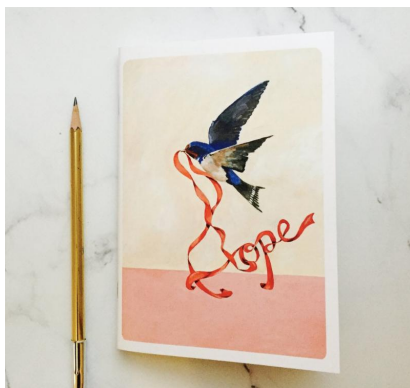
Take Care of Yourself and Aliveness Members!

During the month of November, [DNK Skin](#) in Edina is collecting donations from spa clients on behalf of The Aliveness Project's food shelf. Healthier donations are encouraged, such as lower-sodium canned goods, whole-grain products and fruit packed in juice rather than heavy syrup. In turn for their donation, spa clients receive 20% off a single service.

Owner, Licensed Aesthetician, and Certified Massage Therapist Dani Klath, has been providing holistic, effective, and results-oriented treatments since 2009. Dani specializes in luxury facials; brow and lash treatments; therapeutic massage; and full body hair removal. Appointments can be scheduled online or by calling 952-212-3751.



Go pamper yourself at DNK Skin - now that's what we call #selfcareforacause!



Holiday Gift Idea

Theresa Hutch has generously donated her beautiful artwork to raise funds for The Aliveness Project! Purchase a journal at [Small Cloud Shop](#) or at The Aliveness Project for \$18. Give a one-of-a-kind gift that also supports people living with HIV.

If you have questions, let me know.

Thanks!

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

VOLUNTEER SPOTLIGHT

Cretin-Durham Hall Interns,

Claire and Walter

We began volunteering at Aliveness our senior year at Cretin-Derham Hall. CDH allows all seniors to go off campus during lunch period and religion class in order to volunteer every week at pre-selected service sites. By senior year, we are well-trusted by our school and given the privilege of driving ourselves to our sites and out to lunch.



Occasionally, teachers visit us and meet with our volunteer managers, but besides that we are really given a lot of freedom. Doing service during the school day is a great way to fit a few hours of service into our busy lives and give back to the Twin Cities community. It is a nice break from our regular eight classes a day schedule.

We chose the The Aliveness Project because of how unique it is compared to the other non-profit organizations. The typical CDH senior devotes their service hours to playing with and tutoring children. Instead, we have the opportunity to be a part of *this* great community. HIV and AIDS are seldom mentioned in our Catholic high school, so our experience at Aliveness has really expanded our knowledge on the virus/disease, as well as the stigmas that encompass a diagnosis. Both staff and members have been more than willing to have open conversations with us about it and that is what makes our time volunteering so meaningful and different from what our classmates experience. Our tasks at Aliveness vary from helping in the kitchen to walking down Nicollet Avenue handing out pamphlets - both of which really allow us to get to know the members as well as the neighborhood. Each week we eat lunch with the members and it is easily the most looked forward to part of our day. Not only is the food amazing, but we always have great conversations. We always return to school with a new story to tell and a new friend made.

UPCOMING EVENTS



Aliveness Happenings

Events for Members:

November 22 at 6:30 - 8 pm

MAC meeting

The Aliveness Project (Conference Room), 3808 Nicollet Avenue, Minneapolis

November 29 from *12:30 - 1:30 pm

Medical Cannabis: A Compassionate Approach to Care

Presented by: Staci Prise, Director of Pharmacy at [LeafLine Labs](#) (a medical cannabis manufacturer)

The Aliveness Project (Conference Room), 3808 Nicollet Avenue, Minneapolis

*Staff from LeafLine will also be available for questions in the dining room before and after the presentation.

December 20, 21 from Noon - 7 pm

Holiday Gift Program Expo Days

The Aliveness Project, 3808 Nicollet Avenue, Minneapolis

Events for All:

November 24 (Thanksgiving Day) from 7 - 10 am

[The Walk to End Hunger](#)

Mall of America, Bloomington

December 1

World AIDS Day

December 10 from 1 - 6 pm

AWAD 2016 - African World AIDS Day

Eliminating Stigma, Strategies & Approaches that work

Free giveaways, health screenings, confidential HIV testing, entertainment, health education

Brooklyn Middle School, 7377 Noble Ave N, Brooklyn Park

December 23 from 9 am - 3 pm

Holiday Gift Program Delivery Day

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

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STAY CONNECTED:

