

the Aliveness

Serving Our HIV/AIDS Community Since 1985 September/October 2011 Vol. 22, Issue 4

Thankfully, we made it through the State of Minnesota shut-down without any major impact on The Aliveness Project. Thanks to our dedicated staff and volunteers for helping us keep all our programs going during that period. We know that many of our members especially needed our hot meals, food shelf and other supportive services during a time when other services were curtailed.

RED RIBBON RIDE

We had another great Ride in July (even though the weather presented some challenges). The Ride raised approximately \$400,000 for eight local HIV/AIDS service organizations, including The Aliveness Project! Special thanks to the all the riders and crew—especially our Team Aliveness members, who raised nearly \$29,000! It's not too soon to consider participating next year, which will be Ride's 10th year anniversary and will take place July 18-22, 2012. You can register (starting October 1) at www.redribbonride.org.



WALK TO END HUNGER

This will be the second year for The Aliveness Project to be full partner in the **Walk To End Hunger at the Mall of America on Thanksgiving Day morning** on Thursday, November 24. You and your family can help raise funds and walk for our Food Shelf and Meal Program—all funds designated to The Aliveness Project will be donated directly to us. For more information, see page 5 or visit www.walktoendhunger.org.

MIRACLE ON 38TH STREET

This will be the 24th year of our **Holiday Basket Program** for individuals and families affected by HIV/AIDS. In 2010 our volunteers delivered 710 baskets, with gifts for 943 adults and 429 children. Applications for recipients will be mailed out in October.

This annual "miracle" could not happen without people like you. You can adopt one or more baskets or volunteer in other ways. We will need donations of new clothing, toys, quilts, candy, wrapping paper and other items. Last year, 80 percent of our baskets were adopted and we hope to do even better this year! For more information, please see page 11.

A TIME TO FEEL GRATEFUL

This fall will mark my tenth year serving as Executive Director of The Aliveness Project. Part of me cannot believe how quickly this time has passed. We have seen a number of changes here during that time. The Aliveness Project has grown and we are serving twice as many HIV+ members than we did back then. I still feel lucky to have the opportunity to work with such a great organization with wonderful staff and fantastic volunteers.

This is a time of year to think about what we are thankful for. Personally, I feel grateful that so many people still care about those living with HIV/AIDS and are willing to help us make The Aliveness Project a safe and welcoming place for our members. This is a wonderful place to work and make a difference in our community.

Joe Larson
Executive Director



THE ALIVENESS PROJECT'S ANNUAL COMMUNITY PICNIC

We held our annual community picnic on Friday, August 12th at the Wabun Picnic Shelter area near Minnehaha Falls. Although the local TV weather-casters had issued a forecast including rainstorms – and lots of them, they were wrong. It was a lovely day for a picnic. Close to 150 folks (not including all the dogs) were there. Sean, Chris, other staff members, and a dedicated group of volunteers helped make the magic happen, with a tasty smorgasbord of burgers, hot dogs, grilled squash, salads, and cookies. No one went away hungry!

After the meal, Johnny, assisted by Lyle and Tim, hosted the bingo extravaganza. Happy picnic-goers walked away with some great stuff, including skate boards, Frisbees, CD's, board games, dolls, stuffed animals, scrapbooking supplies, gift cards and the grand prizes of two laptop computers! The kids had a blast playing with water balloons, squirt guns, Walter's drag-bag and, of course, the annual game of piñata-swatting. They also cooled off in the nearby wading pool. Adults and children alike enjoyed a mean game of Four-Square, where Cathy's presence was sorely missed.

When all was said and done, we had the makings of a beautiful summer memory that we will hopefully carry with us into the sub-zero temperatures that we know are waiting for us just around the corner. Thanks, everyone, for making such it special day.

Stephanie Shaw
Office Manager



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The Aliveline 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.

THE RED RIBBON RIDE *Making Lemonade*

The 2011 Red Ribbon Ride is now just a memory. A month ago today I was engaged in light-hearted smack talk with my "girls" (and a few fellas) so we could take our minds off of the long, steep hills out of the Mississippi River Valley that we were struggling to climb. No worries, though. Those mini-mountains didn't stand a chance against our small, determined group – or the rest of the riders, for that matter.

This ride was very challenging for me personally, but my memories are overwhelmingly happy ones. On Day 1, as we rode out of the Mall of America, buoyed by the jubilant spirit of the opening ceremonies, we were met by crowds of crew, friends, and family, cheering and waving as we passed by. I held onto that joyous feeling later that morning as we slogged through a stubborn rainstorm that accompanied us for 25 miles. But, just as we reached the HUGE downhill before the lunch pit, the rain miraculously stopped. Afterward, it was perfect (except for the 5-bike pile-up that our little group experienced on the stretch between Red Wing and Lake City). There were scratches, dents and bruises, but our good spirits endured. We made it into camp and then enjoyed a well-deserved treat at the local DQ.

On Day 2, the ride started out beautifully with blue skies, and hills GALORE! They were amazingly challenging – the kind of hills we'd been dreaming of! But before we hit the 40-mile mark, Theresa, the Ride Director, was forced to completely close down the route for the rest of the day -- a first in the Red Ribbon Ride's 9-year history. We were thwarted by thunderstorms, which dumped 5" of rain in the Rochester area. But, we all made the best of it. Scores of us, both riders and crew, were stranded in a tiny country church. The lunch crew broke down their pit stop up the road, re-loaded everything and transported lunch to everyone back at the church. As the storm raged, we passed the time by singing songs, stretching, and taking embarrassing photos of our friends who had fallen asleep on pews. The crew saved the day. The gear crew, soaked to the skin, loaded up all of the bikes through the blinding rain, and delivered them to our camp in Rochester. Sweep crew and others who had vehicles worked throughout the afternoon picking up stranded folks and bringing them to camp. Therapists soothed aching bodies with acupuncture, massage and chiropractic treatments (among others). Surprisingly, I did not see any Crabby Pattys or Bitter Bettys. Everyone remained upbeat – making the best of what could have been a disappointing day.

Day 3 was hot, hot, HOT! In spite of that, we rode our backsides off! It was a long, hot day, but we all managed to make it to Northfield. I even rode up the Last Big Hill 2 times! Everyone was happy to hit the showers that day, then kick back with loved ones for Friends and Family Night to share a wonderful meal. After that we watched a touching presentation, filled with lots of personal stories told by folks whose lives have been affected by HIV and AIDS. Then, after applying copious amounts of Desitin and Ben Gay, we turned in for the night.

Day 4 was my most interesting day. I discovered that day what the ride was all about. My group hit the road early. The air was still and moist. It was certain to be hot and humid later on and we wanted to avoid the worst of it. The stretch of road between Northfield and St Paul is relatively flat; typically the easiest day of the Ride. And it would have been a cake walk for me had I not run over a piece of debris in the road. I flew off my bike and landed hard on the pavement, cracking the back of my helmet in several places. My riding buddy was unable to avoid running over me, so she ended up sailing off her bike too, injuring herself in the process. Although hurt, she jumped up and ran over to help me, doing her best to keep me from trying to sit up, as she did not know how badly I was injured. Then the Ride's First Aid vehicle, a sweep vehicle (the one my partner was driving) and lots of riders arrived. Everyone was doing all they could to offer assistance and to keep both of us stable. Soon, several emergency vehicles showed up and carted the two of us off to the hospital. Although I got my bell rung pretty hard (concussion and whiplash), I am happy to report that I am okay now, as is my friend, who suffered some bad road rash and bruises.

Several people have asked if I plan to be a part of the Ride again next year. To be honest, when I think about my crash, and long healing process, I pause a bit. "Do I want to go through that again?" Then I remember how everything and everyone came together to make sure we were safe. I will never forget the love and concern expressed toward both of us that day, and for weeks afterward. I felt safe and loved in the arms of my 'family' – my Red Ribbon Ride family. Then of course, I also think about what brought me to this ride in the first place – finding a way to do my part to help folks living with HIV/AIDS. People with this disease continue to deal with their diagnosis on a daily basis, while my injuries will heal soon. It is because I want the same for folks living with HIV/AIDS that I ride. And so, I think I just answered that 'Ride' question. I hope you will consider joining the Red Ribbon Ride family next year too.

Stephanie Shaw
Office Manager



VOLUNTEER NEWS

Once again we see the beautiful summer wind its way into a graceful autumn. I am always a little bittersweet as I wish summer could last at least as long as a Minnesota winter. Nonetheless, I appreciate how the start of the school year brings out new volunteers and how the temperature transition gets us in gear for holiday baskets. Before I broach that more completely, I have two other news items of note. First, a huge thanks to all who volunteered this past year, and to all who made it out to our Volunteer Recognition Movie and Summer Fun Night. The whiffle ball, mint lemonade & treats, and four-square were superb!

Secondly, I will be taking an extended trip this fall to Guatemala and will be gone for six weeks. All of your volunteerism inspires me to do more of it myself. This is why I am incredibly grateful to use this time to improve my Spanish, stay with a host family, and join in some projects within a local indigenous Mayan community. Thank you to our Aliveness Project community for allowing and encouraging me to (finally) take such a trip!

Thanks to our partnership with KARE 11 and Hands On Twin Cities, we once again kicked off our Holiday Basket decorating at the State Fair. Hundreds of folks stopped by the KARE 11 barn to learn about the program and decorate a box side or two. If your group would like to decorate boxes now is the time to contact Stephanie as baskets are due back to us the first of November. See our attached donor and volunteer form or website for more info about activities.

A few highlights of this year December **Holiday Basket Program** include that Christmas delivery morning will be on FRIDAY, Dec. 23 this year and therefore a day earlier than our traditional Christmas Eve morning deliveries. We also anticipate less wrapping this year. If your group would like to wrap, we will begin scheduling dates the week of October 17th. Please contact Stephanie at that time if your group would like a daytime or evening time slot. Several volunteers are needed for leadership roles which may involve overseeing other volunteers, filling baskets, helping with special events, or other tasks. These tasks amount to about 5-15 hours a week from mid November-Christmas. If you are interested in a leadership role, please contact us quite soon (before I leave the country Sept. 20 is best!). Training will be mid-November. As always, our biggest need for Holiday Baskets is for ADOPTION so we hope that will list high amongst your interests. Other holiday basket inquiries may be directed to Stephanie via our Holiday Basket hotline at extension 207. Thank you, in advance, for all that our volunteers do for this amazing and much appreciated program!

For regular program volunteers, if you have questions or need to cancel a shift while I am gone please contact Tom (#214) or Stephanie (#215). As always, if it is less than 24 hours before your shift, please also call your area supervisor if you do not reach Tom or Stephanie directly. Please note that new volunteer intakes for our regular programming will not occur while I am out of the country and are substantially reduced during the Holiday Basket season. If you would like to become a new volunteer, please look to get involved in early September.

In preparation for the move to the new building, we are forming a small **Volunteer Advisory Committee** to assess needs related to the move and other aspects of volunteer programming. If you are interested in serving on this committee please ask for an application. We will likely meet quarterly and look forward to your thoughts to make our Volunteer Program the best it can be. Also, the first volunteer to note they have read this secret word (radish) may contact me for a special surprise! Do you have **students** who are looking for a great opportunity this fall? Our first option includes gathering friends to join **Team Aliveness** for the Walk to End Hunger on Thanksgiving morning at the Mall of America. Student groups make great fundraisers, and the ever expanding need in our kitchen and food shelf could use their help www.walktoendhunger.org. Next, if you know a student interested in our rolling schedule of internships in fields such as public relations, fundraising & development, volunteer management or social media, please get in touch with Tim (#204).

Finally, a big thank you to Krystal Rampalli who has served as our intern over the summer. Her two main projects involved connecting with various local corporations to invite their volunteer involvement and also implementing an evaluation of our HIV Prevention Program. Accordingly, if your business or other group would like us to come speak about volunteering or another topic, please give me a call! I look forward to seeing everyone upon my return in early November. Thanks, again, for all you do. Adios!

Monica Travis
Director of Volunteer Services



Miles introduces Little Miles to Nadine the puppy at the Volunteer Recognition Night



Rachel steps up to the plate to meet Jonathan's pitch of the whiffleball.



Krystal, our intern, loves the mint lemonade!

VOLUNTEER SPOTLIGHT

Originally from Stephen, Minnesota, (a small community in the northwest corner of the state), Dr. Vernon Kuznia grew up on a farm with two sisters and two brothers and several dogs who were like members of the family. Outside of dreams to be a rock star or a professional athlete, Dr. Kuznia considered becoming a veterinarian or a teacher. Teaching won out.

In 2001, Dr. Kuznia graduated from the University of North Dakota with a Bachelors Degree in Elementary Education with the goal of making the world a better place by helping to positively shape the young minds of the future.

However, inspired by the births and little lives of his first daughter and son and with much guidance and encouragement from his wife, Dr. Kuznia's new goal became to help make the world a better place by helping people achieve their potential through real, natural health. In 2007, Dr. Kuznia enrolled in the College of Chiropractic at Northwestern Health Sciences University, where he received his Doctorate Degree of Chiropractic in the fall of 2010'.

In his time away from his work, Dr. Kuznia enjoys quality family time with his wife Allison, his daughters Ocean and Peace, and his son, Ezra. They enjoy time outside, swimming, board games, libraries, trips to the grocery store, eating out (but not too often), and dancing/jumping/flailing around to some good ol' rock 'n' roll.

In May 2011, Dr. Kuznia opened Mind & Body Chiropractic Life Center in Roseville. Mind & Body Chiropractic helps people achieve and maintain their natural state... Health!

As a chiropractor, Dr. Kuznia specializes in locating and correcting the misalignments of the spine called subluxations which interfere with the nervous system, the mind-body connection that allows people to function and heal at their best.



Free from this interference to their health, people digest food for nutrition better, respond to exercise better, have more energy, experience less pain, heal quicker, and live happier lives.

You can find Mind & Body Chiropractic online at www.mindbodychiropractic.com and "Like" and follow Mind & Body Chiropractic on Facebook at www.facebook.com/mindbodychiropractic

KITCHEN NEWS

In order to better serve communities of Latin and Hispanic immigrants as well as East African immigrants, The Aliveness Project is now offering a weekly African meal each Wednesday evening, and meals that cater to Latino and Hispanic folks (days vary - call 612-822-7946, then hit 1 for our weekly menu. Or go to www.aliveness.org, click on **What We Do**, go to **Meal Program**, then click on the menu button). As staff, we're excited to be able to expose our regular members to a veritable variety of new foods and we want to reach out to members who don't frequent the meal program in hopes of providing culturally-relevant and authentic meals.

What we do at The Aliveness Project is far from your run-of-the-mill soup kitchen. We strive to make meals from scratch as much as possible and work to create the comfort, quality of food, and atmosphere you would get in a restaurant. We are working to expand that comfort to groups of people who, outside of The Aliveness Project, face a daily battle against stigma for their disease in their cultures.

If you have suggestions for East African or Latin food, or are excited to see other food options on the menu, contact us! We'd like to hear from you.

Email us at: kitchen@aliveness.org or write to: The Aliveness Project
Attn: Kitchen Staff
730 East 38th Street
Minneapolis MN 55407

Chris Roberts
Cook

WALK TO END HUNGER



WALK TO END HUNGER THANKSGIVING MORNING NOVEMBER 24, 2011 MALL OF AMERICA

The Aliveness Project will again be part of the Walk to End Hunger scheduled for November 24 (Thanksgiving morning) with registration being at 7 – 9:30 am. The walk will be from 7:30 – 10 am.

Again this year, The Aliveness Project is a full participant. We will have our own team – Team Aliveness. When registering or donating be sure to designate The Aliveness Project or Team Aliveness.

We would like to have a HUGE team so sign up at www.walktoendhunger.org. Sign up today!

WISH LIST

- Camera with video and optical zoom capabilities
- Interns in the fundraising & volunteer departments
- Holiday wrapping paper and lots of it, also tape & dispensers
- Team Aliveness walkers to participate in the Walk to End Hunger (Thursday, November 24 at the MOA)
- Stockings and quilts to put in the holiday baskets
- 100s of adopters of Holiday Baskets
- School and employee groups to decorate holiday baskets
- New housewares for holiday baskets (pots, pans, small gadgets, towels, sheets, etc.)
- Small electronic gifts for our tech-hungry teenagers
- Family or young adult games
- Books, DVD's for teens & adults
- Gift certificates from just about anywhere!

PRIDE EVENTS

Pride Fundraiser at Seven Steakhouse

Check out the pictures from our very fun event at Seven Steakhouse rooftop, hosted with Lavender Magazine. Another successful year as over 500 people enjoyed the rooftop viewing of the Pride Parade down Hennepin Avenue to Loring Park and the Festival.

People lined up early to eat their fabulous brunch and then staked out a spot to view the parade. Thanks to Lavender Magazine for including us again in this annual fundraiser!



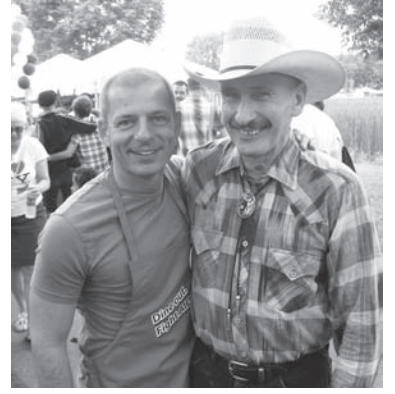
Pride Festival



Hundreds of people came by The Aliveness Project's booth on Saturday and Sunday of the Pride Festival. Our booth held the ever popular "Spinning Wheel" which gave the chance to win a prize. What a fun time we all had that weekend. Thanks for stopping by our booth.

Cub We were also lucky to partner with Cub Foods as they did a food drive to benefit The Aliveness Project. Some of the pictures show our volunteers working in the Cub booth. Thank you SUPERVALU/Cub for your ongoing support of our work.

New this year to the Festival was a Bingo tent benefitting both The Aliveness Project and All God's Children Church. Thanks to Scott and Jen for heading up this endeavor to add more excitement to the Festival.



After Pride was over, then it was time for the Red Ribbon Ride, which benefits numerous HIV/AIDS organizations, including The Aliveness Project. This is a 300-mile, four-day bike ride through the beautiful scenery of southern Minnesota. This year, over 200 riders braved the elements to raise money for these agencies. Team Aliveness consisted of 25 riders and crew members. Our team raised \$28,640.00! You can still donate by visiting <http://www.redribbonride.org/> and donating to anyone on Team Aliveness. Thank you riders, crew and donors for making this another successful ride. It's not too early to sign up for 2012!!



Tim Marburger
Director of Fundraising & Special Events

HEALTH & WELLNESS PROGRAM

Greetings, members! We have had great speakers and participants at Health & Wellness events recently. Some of my favorite health talk moments: two African ladies meeting for the first time and discovering they speak the same rare village dialect, dental tips from Dr. Scott Lingle (use peroxide and/or baking soda sparingly – they are harsh on teeth), and listening to members share their experiences through spontaneous timed writing. The writing workshop and special event for African immigrants were so well received that we will be putting on both sessions again (see below).

As you can see, October and September are jam-packed with health talks in anticipation of holiday basket mayhem at The Aliveness Project. Starting in November, the conference room will be filled with volunteer “elves” working hard to fill holiday baskets and our meeting space will be unavailable. I may coordinate a few restaurant outings during those months, but full programming will not resume until January.



Nurse Jean Willis gave a talk on cardiovascular disease and HIV at Elsie's in July



If you have a topic to suggest, let me know!
I welcome new ideas.

Hanna Dorn
Health & Wellness Program Coordinator
hanna@aliveness.org
(612) 822-7946, ext. 213

UPCOMING EVENTS

(Space limited - call 612-822-7946 to sign up)

Thursday, September 1

“Writing Circles for Healing”

Wendy Brown-Baez, writer and poet
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Wednesday, September 7

“HIV in Prisons”

Ebony Ruhland and Eric McCoy, Council on Crime & Justice
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Tuesday, September 20

“Make a Healthy Meal From Food Shelf Bags”

Cooking Demonstration

Chris Roberts, cook
3 – 4:30 pm, The Aliveness Project dining room and kitchen
\$5 giftcard if you stay the whole time

Wednesday, September 28

“Your HIV Treatment Goals and the Facts about Lipoatrophy”

Jean Willis, Gilead Sciences
6 – 7:30 pm, Elsie's Restaurant (in NE Mpls on the 11 bus line)
729 Marshall Street NE, Minneapolis, MN 55413
Dinner provided

Wednesday, October 5

“Stigma in African Communities” (Part 2)

(for African-born members)

Tom Bichanga, Aliveness Prevention Program/Mwanyagetinge
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Wednesday, October 12

“Wills and Probate”

Greg Marita, LegalAid Society of Minnesota
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Monday, October 17 - “WHY SHOULD I QUIT?”

Reasons to Stop Smoking

Theresa Leonard, American Lung Association
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Monday, October 24 - “HOW DO I QUIT?”

Methods and Resources to Stop Smoking

Theresa Leonard, American Lung Association
6 – 7:30 pm, The Aliveness Project Conference Room
\$5 giftcard if you stay the whole time

Wednesday, October 26 - “HIV and Depression”

Jean Willis, Gilead Sciences
6 – 7:30 pm, Elsie's Restaurant (in NE Mpls on the 11 bus line)
729 Marshall Street NE, Minneapolis, MN 55413
Dinner provided

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between June 15 and August 12, 2011

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Applebee's
Camp Bar
Cockpit Minneapolis
Cub Foods/SuperValu
First Christian Church
Grand Hotel Minneapolis -
A Kimpton Hotel
Greater Minneapolis Council
of Churches - FoodShare
Hair Police
HealthPartners
Kopp Family Foundation
Macemon Photography
Malt Shop
Minnesota Red Ribbon Ride
Minnesota State Fair
Now of Age Studios
The Salvation Army
Southside Farm Store
SUPERVALU Corporate Headquarters
- East View Innovation Center
Twin Cities Pride
The Wedge Community Co-op
UPS Foundation, Inc

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Anna Resele
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Eric Rodgers
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Amy Theis
Jill E. Thompson
Pierre Tardif & Eric Tollefson
Phyllis Taylor & Jamie Peters
Tim Tormoen
Tom Trotter
Tony Tuchscher & James Klahr
Mark Underwager
Gina Uphus
Kathy Vader *
Lawrence G. Valley
Wade Van House
Kristi Van Pelt
Kenneth P. Vanarsdale
Tiffani Vaughan
James Velek
Jessie Wade
Michael L. Wagner
Carol Y. Waldoch
Carol Westmoreland
Dexter & Paulette Whittemore
Gary W. Wieser
Mary Wille
Sandy Wilson
Ken Yoshida
Thomas Zappa
Beth Zemsky

* Denotes Friends of Aliveness
Program donors, who have pledged
monthly or quarterly donations to The
Aliveness Project.



PREVENTION PROGRAM

In the month of July our Prevention Program hosted Kathy Vader, a licensed psychologist from Pride Institute, who presented a session on **Relapse Prevention**. Members were glad to see her as most of them knew her from previous encounters. Prevention staff, during the month of July, distributed 772 male condoms, 25 female condoms, 588 packets of lube, 18 referral materials and 42 educational materials.

On August 8th our Prevention Program, in conjunction with our Health & Wellness Program, held a session on **Stigma in the African Diaspora**, which was moderated by Dr. Alvine Siaka of African Health Action and (AHA) and Tom Bichanga of The Aliveness Program's Prevention Program. The session was so successful, that we have decided to have a second session on October 5th. We are encouraging members of African Diaspora to send us their ideas about what they would like to see included in the coming programs. Members can call Tom Bichanga directly at 612-822-7946, ext. 214 or our main number, 612-822-7946, and ask to talk to Hanna Dorn, our Health & Wellness Coordinator. There has been a new feature added to our dining room. Every Wednesday evening has been set aside as African Menu Night. Please come and share with us, and at the same time bring your ideas on what you would like to have us offer on our Wednesday evening menu.

Soon, we will host Christine Waller, Health Education Risk Reduction Coordinator at the Positive Care Center at Hennepin County Medical Center, to talk on "**Safer Sex Can Be Good Sex**". We will also have a member session to talk on "**How HIV is Spread and How it Not Spread**". Exact dates will be posted soon.

Tom Bichanga
HIV Prevention Program Coordinator

FOOD SHELF NEWS

I promised to publish the numbers from our Wedge Community Co-op food drive from last June so here they are. We collected 1,635 pounds of food as well as \$930.20, making it a great food drive! Twin Cities Pride, in conjunction with Cub Foods, held a food drive for us in Como Park where we collected 337 pounds of food and \$434.00 in cash. For a first-time event, that was also a good food drive. I want to thank all of the volunteers that helped with these two events – you know who you are. Some of you stood in the bright sunshine, others stood in the rain, but you all did a fantastic job!

While we are talking about food drives, let me tell you about another one that is coming up soon. We will be holding a food drive at The Wedge Community Co-op (Franklin & Lyndale in Minneapolis) on Saturday and Sunday, September 17th and 18th. We always have a fun time doing these drives so if you want to help, see me, Dan Capelli, in the Food Shelf to sign up or you can call 612-822-7946 ext 205 and ask for me or Jimmy Mattson.

Starting in September, The Aliveness Project's Food Shelf will be offering culturally-specific food shelf bags. We are a very diverse community. Different folks like different foods, so we will be starting with a few different types of items. We will be offering African and Latino food bags. When you call for a Food Shelf appointment, please let the receptionist know if you would prefer an African or Latino bag, instead of the ones that you have been receiving up until now. We are starting small with this so if you have any suggestions for different foods that you like, but we do not yet have, please tell us.

There have been many problems with people waiting until Saturday to pick up their food shelf bags when there is not staff available. **Because of this there will be no more Saturday Food Shelf pick-ups.**

Also, if you recycle your tall handle paper bags, we would really like it if you give them to our Food Shelf. Many people have been doing this and we appreciate it. It saves us a lot of money.

That's all for now so I'll see you in the Food Shelf.

Dan Capelli
Food Shelf Director

UNITED WAY CAMPAIGNS

Is your workplace holding a United Way or other community campaign this fall? Many employers allow employees to make designated gifts to 401(c)(3) nonprofit organizations, such as The Aliveness Project. Payroll deductions are an easy way to support our services for people living with HIV/AIDS!

Adoption is our greatest need!

Share the Spirit of the Season!



Founded in 1985, The Aliveness Project is a local nonprofit organization that offers a variety of supportive services for individuals living with HIV/AIDS. Since 1988, our Holiday Basket Program has provided thousands of gift baskets to men, women and children affected by HIV/AIDS throughout Minnesota.

Each holiday season, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, baking cookies, sewing holiday stockings and delivering baskets.

You can help share the spirit of the season 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 our 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):

E-mail:

ADOPT

I want to adopt (& buy gifts for) a Holiday Basket for: Individual Couple Family No preference

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 (the amount we suggest spending on each individual). We will provide you with a wish list for each adopted basket.

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), gloves, stocking caps, kitchen supplies quilts, hygiene items, CDs, DVDs, candy, nonperishable food, stuffed animals, sporting equipment, gift certificates, 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
- Decorating boxes (Sept., Oct.)
- Special events!**
- Sewing quilts / afghans / throws
- Baking Cookies
- Driving errands
- Wrapping presents
- Soliciting in-kind donations

Organizing a drive for new clothing, toys, gift cards or other gifts

Helping with on-site basket pick up days on: December 21 or 22 (circle date[s] available)

Delivering 1-2 Hanukkah Baskets on Friday, Dec. 16 (limited number -- requires a vehicle)

Delivering 1-2 Christmas Baskets on Friday, Dec. 23 between 9:00 am - 1:00 pm (requires a vehicle)

- Preferred Zip Code or City for Deliveries: _____

- Type & Size of Vehicle: _____

* Leadership roles vary to suit interests & needs. Special events assistance 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

www.aliveness.org

September/October 2011

730 East 38th Street
Minneapolis, MN 55407

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WALK TO END HUNGER



We will again be part of the Walk to End Hunger scheduled for **November 24 (Thanksgiving morning)** with registration being at 7:00 – 9:30 am. The walk will be from 7:30 – 10:00 am.

We would like to have a HUGE team so sign up at www.walktoendhunger.org. Sign up today!
See Page 5 for more information

Thanksgiving Morning
November 24, 2011
Mall of America