

# the Aliveness Project

## Dine out, do good on April 24

### DINING OUT FOR LIFE —

Dining Out for Life will take place on Thursday, April 24. We have over 100 restaurants this year — many that participated last year and several new ones, too!

In 2007, we had our most successful DOL ever — raising over \$111,000 — and we hope to do even better with this year's event!

By sometime in early March, a complete list of participating restaurants and sponsors should be posted on our website at [www.aliveness.org](http://www.aliveness.org), as well as on the International Dining Out for Life website: [www.diningoutforlife.com](http://www.diningoutforlife.com). This website lets you do searches by types of restaurants, locations in the Twin Cities, and meals (restaurants are doing breakfast, lunch and/or dinner).

Mother and daughter dine out at Trotter's Cafe ▼



DOL posters and brochures should be ready in mid-March — please let us know if you can help distribute them into the community. We also need volunteers to serve as Ambassadors at the restaurants. Last year, Ambassadors helped collect over \$27,000 in donor envelopes from diners at the restaurants!

### MN FOOD SHARE MONTH —

Did you know that last year our Food Shelf distributed **over 41 tons** of food and served 574 individuals living with HIV/AIDS?

March is Minnesota FoodShare Month. So, please help support our Food Shelf by planning a food drive, donating non-perishable food items (see page 4 for a list of items the Project needs), or making a financial donation.

### 2007 PROGRAM STATS —

Last year was another year of growth at The Aliveness Project! Almost all of our program services increased over the previous year. And the number of members served each year has increased steadily over the past few years, as illustrated in the table to the right. Last year, we served 9% more individuals than in 2006!

In 2007, we provided services to 1,468 members living with HIV/AIDS — which

## volunteer spotlight

Are you ready for Dining Out for Life? Odds are good that the restaurant at which you dine was recruited, in part, by this month's Volunteer Spotlight, Scott Skinner.



This hard-working volunteer spends his two days off per week making calls to make our fundraisers as successful as possible. As evidenced by our growing number of restaurants over the last few years, he can make a pretty persuasive pitch!

**Volunteer**  
continued on pg. 6

is 1 out of 4 Minnesotans living with HIV/AIDS! See page 5 for statistics for each of our major programs.

**Joe Larson**  
EXECUTIVE DIRECTOR

### 3 WANTED! Volunteer Ambassadors

*Dining Out For Life is April 24*

### 5 March is Food Drive Month

*Get tips on how to organize one in your community*

### 6 Unsung Heroes

*Vets offer TLC to Project pets*



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*In Living Memory*

<p><b>Max A.</b>  <i>departed this life</i>                  December 3,                  2007</p>	<p><b>Michael J.</b>  <i>departed this life</i>                  January 6,                  2008</p>	<p><b>Thomas N.</b>  <i>departed this life</i>                  January 10,                  2008</p>	<p><b>William W.</b>  <i>departed this life</i>                  February 15,                  2008</p>
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# 2008 Annual Membership Meeting

When: Thursday, May 29 at 6:30 PM  
 Where: The Aliveness Project, upper-level room

The Aliveness Project is run by our members and for our members. This meeting will include the following:

- Joe Larson, our Executive Director, will present the 2007 Annual Report.
- Nomination and election of Aliveness members to the Membership Advisory Committee (MAC) will be held.
- Nomination and election of candidates to the Board of Directors will be held. Positions are open to members and non-members.

Remember, this is the time to make yourself heard!

The Aliveness Project is for *all of us*, so if you can, please show up and let us know what's on your mind.

**YOU are  
 The Aliveness Project!**



*Aliveness Project members and friends  
 celebrate at "The Old School Party"  
 held February 9 at the Project ▶*

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

**The Aliveline** is published bimonthly by The Aliveness Project

*Submissions should be sent to:*

**The Aliveline**  
 730 East 38th Street  
 Minneapolis, MN 55407

aliveness@aliveness.org  
 www.aliveness.org

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# Dining Out For Life '08

**M**any new restaurants have joined the "Do Good" ranks of Dining Out For Life this year! For an up-to-the-minute list of participating restaurants, visit [www.aliveness.org](http://www.aliveness.org).



## **BORDERS.** **BENEFIT DAYS**

for The Aliveness Project

**10% off your purchase!**

Saturday - Sunday | April 26-27, 2008

10% off the final purchase amount, excluding Gift Cards, will be donated to The Aliveness Project. Coupons will be available at all Dining Out For Life restaurants on April 24.

## Charitable Gaming Program

The Charitable Gaming Program sells pull tabs at the five locations listed below. All proceeds benefit The Aliveness Project (License #04988).

### Minneapolis

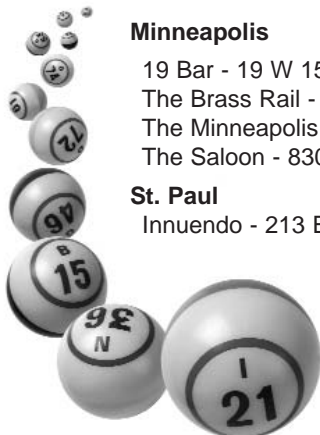
19 Bar - 19 W 15th St, 612-871-5553  
The Brass Rail - 422 Hennepin Ave, 612-333-3016  
The Minneapolis Eagle - 515 Washington Ave S, 612-338-4214  
The Saloon - 830 Hennepin Ave, 612-332-0835

### St. Paul

Innuendo - 213 E 4th St, 651-225-4528

## B-I-N-G-O!

Beginning March 6, Bingo will be offered at The Minneapolis Eagle every Thursday, from 9 PM to MIDNIGHT, including potential prizes up to \$1,000!



## WANTED!

## Volunteer Ambassadors

### Purpose:

To be the face of The Aliveness Project's Dining Out for Life on Thursday, April 24.



### Responsibilities on April 24:

- Greet patrons at your restaurant
- Hand out donor envelopes to patrons
- Distribute "I Ate" stickers

### Requirements:

- **New Ambassadors:** Attend an Ambassador Training at The Aliveness Project (times listed below)
- **Previous Ambassadors:** Pick up your materials at The Aliveness Project by April 11
- Smile and have fun!

### How to "apply":

Sign up online at [www.aliveness.org](http://www.aliveness.org) or call Monica at 612-822-7946, ext. 207.

### Ambassador Training Times

Tuesday, March 11 - 6 PM  
Saturday, March 15 - 10 AM  
Saturday, March 29 - 10 AM  
Saturday, March 29 - 11:30 AM  
Thursday, April 3 - 10:30 AM  
Thursday, April 3 - 6:30 PM  
Saturday, April 5 - 10 AM  
Saturday, April 5 - 11:30 AM

## Volunteer Recognition Movie Night!

**March 6 - 6:30 PM**

**The Heights Theater**

If you plan to attend, please  
RSVP by calling 612-822-7946,  
ext. 208



# March is Food Drive Month in Minnesota

It is time for the **Minnesota Food Share March Campaign!** More than 20 years ago, the Greater Minneapolis Council of Churches joined forces to try and solve hunger in Minnesota. Their efforts gave birth to the March Campaign, Minnesota's largest drive for the hungry. Since most food shelves run out of holiday stocks by March, the month was chosen wisely.

This March we ask you to hold a food drive at church, work, school, or other community group. Results are tracked by weight and the most weight wins. Try to gather as many non-perishable food items as you can, and remember to have fun with it! At right are tips to run a successful food drive and below is a list of items we use in our food shelf. If organizing a food drive is not in your future, we also accept checks (Please write food shelf on the memo line).



Doug, a volunteer, fills bags with food and toiletries in the Food Shelf

## Food Shelf Grocery List

### Breakfast

Fruit juices (not frozen)  
Hot & dry cereals  
Powdered or canned milk  
Coffee, tea, hot chocolate

### Staples

Crackers  
Sugar, flour  
Salt, spices  
Pancake/biscuit mixes

### Special Treats

Cake mixes  
Muffin mixes  
Pudding  
Gelatin  
Cookies  
Granola bars

### Lunches/Dinners

Hearty (chunky) soups  
Canned beef, poultry, etc.  
Peanut butter, jelly  
Canned fruit  
Boxed main dishes  
Canned vegetables  
Macaroni & cheese  
Pasta, spaghetti sauces  
Potato buds

### Hygiene Items

Toilet paper, facial tissue  
Hand lotion  
Shampoo, conditioner  
Bath soap  
Feminine products  
Deodorant  
Laundry soap, bleach  
Toothpaste  
Toothbrushes  
Disposable razors



## TIP SHEET

### *Tips for running a successful food drive*

Thinking about having a food drive for our Food Shelf Program? Listed below are some ideas\* for running a successful food drive at your workplace, school or community organization:

#### **Educate everyone about the impact of hunger in our community**

If people understand the importance of food drives, they will be more willing to give.

#### **Set a goal**

If this is the first time you have held a food drive, pick a goal that is both challenging and achievable. If you have sponsored food drives previously, consider increasing your goal this year. Post information about the food drive in a prominent location and make regular reports about your progress in reaching your goal.

#### **Pick a theme or catchy slogan**

A local company used the theme "Empty carts mean empty stomachs — Fill 'er up." They developed a simple logo with a grocery cart to use on their posters and materials. Some food drives focus on special needs (e.g., items for babies, nutritional supplements).

#### **Use creative techniques to get everyone involved**

One workplace provided everyone with a grocery bag and lists of food to bring. The bags were distributed each morning and evening at employee entrances.

#### **Thank donors**

Communicate final results and express thanks to participants, perhaps in your employee newsletter, or on your intranet or website.

#### **Provide incentives**

Friendly competitions can be arranged between different departments at your organization. Offer prizes (such as coupons for free lunches or a vacation day) to the team that brings in the most donations.

*\*Based on material from The Pillsbury Company and Second Harvest Heartland.*

# The Changing Face of AIDS

BY ANDREW HRUSKA

For those of you on HAART (Highly Active Anti-Retroviral Therapy), dealing with the side effects of medications can really take its toll on ones body both mentally and physically. The common culprits like fatigue, weight loss, neuropathy and diarrhea have been haunting HIV patients since the disease and medications have been around.

Doctors have attempted to relieve side effects with varying levels of success, but one particular side effect that has not been dealt with until recently is facial lipoatrophy. Facial lipoatrophy is the loss of fat in the face. Other common areas of the body affected are the arms, legs and buttocks. Historically, it was just one of those things with which you had to cope.

The main focus of most practitioners is T-cell counts and viral load levels to keep patients healthy and feeling well. But I pose this question: Doesn't looking good help contribute to feeling good? I believe with many people it does. Hollow cheeks and eyes, indented temples and looking older than your years can now be a thing of the past.

Dermik Laboratories, a subsidiary of Sanofi-Aventis, has developed an FDA-approved treatment specifically indicated for HIV facial lipoatrophy. The product name is Sculptra which is made of poly-L-lactic acid. This compound is safe and effective and was used in Europe since 1999 with over 150,000 patients. Since its debut in the United States not enough information has been disseminated in the South and Midwest, but the use and success of this product has been huge on both the east and west coasts.

The cost of the product has been an issue for many people living with HIV/AIDS since the disease has caused financial limitations for many sufferers. Sculptra is not cheap. The costs of the product for just two vials is

about \$2000, however, a Sculptra Access program has been implemented by Dermik Laboratories to make sure that everyone can benefit from this great product. You can get the product for free if you qualify. Yes you read that correctly – free! The only out of pocket cost for patients is the visit to the doctor who will actually perform the procedure for you. Unfortunately, because it is still considered cosmetic rather than a medical necessity most insurance companies will not cover the procedure. I have researched local doctors and I have learned that costs to perform the procedure usually range between \$250 to \$400.

If you are interested in learning more about Sculptra and the Access Program, visit [www.sculptra.com](http://www.sculptra.com), or call me at 612-822-7946, ext. 213 for more detailed information, applications and doctor referrals.

Andrew Hruska works as a Case Manager for The Aliveness Project.

“  
**Looking older than  
your years can now  
be a thing of the past.**  
”

## From the Prevention Desk

*HIV Prevention Case Manager Kim Langness would like to share some information about upcoming events for members:*

### Make Every 15 Minutes Count

This is a workshop put on by Hennepin County to help you make the most of the time you have with your HIV doctor. The workshop will be Saturday, February 16 from 10 AM - 3 PM, Saturday, March 8 from 10 AM - 3 PM, or Saturday, March 15 from 10 AM - 3 PM. To register for the workshop call the AIDS line at MAP, **612-341-2060**.

### Empowering Heroes

This is a conference for people living with HIV/AIDS and their caregivers. Scheduled for the weekend of March 28-29, 2008, Empowering Heroes expects to host 350 HIV+ persons from around the state of Minnesota. There are a limited number of people who can attend, so register now if you are interested. For more information and how to register, visit the conference website at [www.mnheroes.org](http://www.mnheroes.org).

## 2007 Program Statistics

### ON-SITE MEAL PROGRAM

Total Meals Served.....31,153  
Number of Members Served.....1,001

### FOOD SHELF PROGRAM

Total Pounds of Food Distributed.....83,422  
Number of Members Served.....574

### COMPLEMENTARY CARE PROGRAM

Total Appointments.....3,082  
Number of Members Served.....467

### CARE ADVOCACY PROGRAM

Total Encounters.....1,480  
Number of Members Served.....526

### HIV PREVENTION PROGRAM

Outreach Encounters.....3,154  
Case Management Sessions.....210

### HOLIDAY BASKET PROGRAM

Number of Holiday Baskets.....627  
Number of Members Served.....650  
Total Family Members Served.....1,281

### MEMBERSHIP INFORMATION

New Members Added.....240  
Total Members Served - All Programs.....1,468

**9% more individuals served in 2007 than in 2006!**

# Volunteer Spotlight on Scott Skinner *continued from pg. 1*



**A** Reedsburg, Wisconsin native, Scott has lived in several areas of the country. In 1984 a job transfer took him to Cincinnati Ohio and northern Kentucky, but he soon started his own business as an interior plantscaper and retail florist. He thrived in this career for fifteen years before selling his business and beginning in the gaming industry where he continues today. First he worked for the Argosy Casino and Hotel in Lawrenceburg, Indiana, on one of their riverboats. In 2005 he moved back to Minnesota to be closer to his parents, two brothers, sisters-in-laws, five nieces and nephews, aunt and uncle, and other relatives back in Reedsburg. He now enjoys working at Mystic Lake Casino and Hotel when he is not volunteering

with us for Dining Out for Life, Holiday Baskets, or the Red, White & Black Masquerade Ball.

Scott feels that The Aliveness Project "was a very unique cause that was very personal to me". Scott was diagnosed with HIV in 1985, but found it very hard to be open about his status in Ohio and Kentucky at the time. He chose to volunteer for a cancer affiliated charity, instead of HIV/AIDS. Being at The Aliveness Project has helped him become more comfortable about his HIV status. He finds the work rewarding and he enjoys supporting The Aliveness Project.

When you are dining out this year, think of Scott and his work for our community. May he inspire you to help recruit a new restaurant for next year!

*Scott Skinner with "The Book" of this year's prospective Dining Out For Life restaurants.*

## Unsung Heroes: Vets Offer TLC to Project Pets

**T**he Aliveness Project would like to thank the great veterinarians and veterinary technicians from Inver Grove Heights Animal Hospital. A team of about 10 women come to the Project every other month to offer a Pet Clinic for our members. They donate not only their time, but medical supplies such as needles and vaccination serum. They also donate top-quality dog and cat food, as well as other food donations for our Food Shelf.

Pet Clinic is for members of The Aliveness Project. Members can bring in their dogs or cats, up to two animals per member, to be seen by the vets. The pets can be vaccinated for rabies and distemper. The vets will clip nails, clean ears and check for mites, and do an overall exam of the pet. If the pet is a kitten, the vets will de-worm the kitten. For members whose income falls within the guidelines, the vets have leaflets on how to get an animal spayed or neutered for free.

Members really look forward to Pet Clinics. On Pet Clinic day our lobby is full of members, their families, and their pets. Everyone is comparing and meeting each other's dogs and cats.

The vets are amazing. They have never turned away an animal. Pets bring a lot of comfort and pleasure to people. In these times of recession, many people cannot afford medical care for themselves, much less their animals. Thanks to the love and generosity of the professionals from the Inver Grove Heights Animal Hospital, our members are better able to care for their pets.

Thank you to:

Shari Cueto, CVT  
Jodi Deneen, CVT  
Lindsay Featherstone, CVT  
Cate Heimann, volunteer  
Heidi Magnuson, DVM

Kathy Moore, CVT  
Jennifer Quast, DVM  
Meghan Thoreson, VT  
Sarah Wilcox, DVM

*Inver Grove Heights Animal Hospital Veterinarians  
Jennifer Quast, DVM; Heidi Magnuson, DVM; Sarah Wilcox, DVM.*



# Thanks, Donors!

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**to everyone who made financial & in-kind gifts between December 15 & February 15**

March/April 2008

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**GET one  
APRIL 24!**

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# Thursday, April 24<sup>th</sup> is **DINING OUT FOR LIFE!**



Visit  
[www.aliveness.org](http://www.aliveness.org)  
for a list of  
participating  
restaurants.



**KARE11 Meteorologist Sven Sundgaard**

**Miss Minnesota Kaylee Unverzagt**