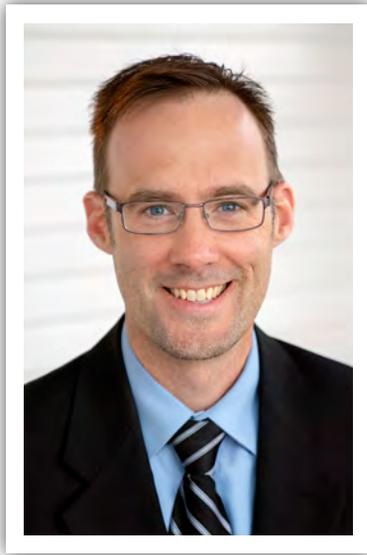




Aliveness impac+ 2018



the
Aliveness
project



I am incredibly honored and excited to be the new Executive Director at The Aliveness Project. 2018 was a year of change and transition at Aliveness. I look forward to working with you to establish a strategic vision for our future and commitment to ending HIV in Minnesota.

Your generous support of The Aliveness Project means our members are leading healthy, self-directed lives. Over 1,700 members – including 223 new members – came through our doors in 2018. Access to nutritious meals and groceries, a safer space to make connections and find support, and staff and volunteers dedicated to helping members navigate the challenges of staying in care are what makes Aliveness special. Your generosity strengthens the Aliveness community and improves the well-being of people living with HIV in Minnesota.

Your continued investment means we are one step closer to ending HIV in Minnesota. Reducing stigma, testing in highly impacted communities, and linking people to care will end the epidemic. Together, we will ensure that Aliveness members achieve and maintain an undetectable viral load, which means HIV is also untransmittable. Thank you for keeping the heart of the HIV community beating strong!


Matt Toburen
Executive Director

“ When I first joined The Aliveness Project, I was told about both the lunch availability and the food shelf. I did not see myself eating in a cafeteria or as I envisioned... a soup line. So, I said thanks but no thanks.

Fortunately, after meeting with the dietitian, she suggested we tour the lunch room area and food shelf. Boy was I blown away by the five star appearance and warm vibe. I was even more wowed after tasting the food. So nutritious. So delicious.”

– Aliveness Member



The Aliveness Project is committed to helping our members achieve healthy outcomes by meeting our members' holistic needs. Our Food Shelf is now a SuperShelf! An evaluation and renovation transformed the Food Shelf and offered even more nutritious options to our members. **745** members took home over **83** tons of food. **1,362** members were also treated to **25,822** fully scratch-cooked meals. Our Medical Nutrition Therapy (MNT) Program was expanded to add a second full-time dietitian who provides one-on-one counseling to **337** members to help them reach their dietary goals. Aliveness is the only HIV specific MNT Program in Greater Minnesota. New partnerships and a larger team meant more people outside the metro area were able to work with our dietitians. Aliveness also offers several integrative therapies to reduce physical and mental symptoms of living with HIV and taking HIV medications. Our volunteer practitioners offered **1,034** sessions of yoga, craniosacral therapy, massage, acupuncture, chiropractic treatments, healing touch, life coaching, and talk therapy to **229** members.



Care & Prevention

Aliveness was able to expand our outreach efforts to Black and Latinx same gender loving men and continue our work building trust and connections in African Born communities. Our outreach team connected with almost **3,500** people, administered **507** HIV tests, and linked a record number **26** people to medical care. Hennepin Healthcare's Rapid Access Program made it easier to link people to care more quickly. Our outreach team worked closely with our case management team to ensure people stayed in care. Case Management worked with **180** members in 2018. We added a Housing Locator to our Case Management team to assist the growing number of members experiencing housing insecurity. We were able to successfully house **41** members in 2018. Aliveness remains committed to a harm reduction model. We partner with Hennepin Healthcare to have on-site counselors for members who are struggling with substance use and interested in learning more about treatment. Thanks to a partnership with Valhalla Place, we are able to distribute Naloxone to our members and staff, a drug that reverses an opioid overdose. Aliveness has documented **13** saved lives.



Social Support & Community

The Aliveness Project is first and foremost a community center – providing a safer space for members to connect with each other and the greater community. **223** new members joined the **1,784** members who accessed services in 2018. Members connected with one another by participating in activities at Aliveness including writing workshops, trivia, and bingo. **289** families participated in this year's Holiday Gift Program - receiving cookies, stockings, toys, and winter wear accessories in December. Even more members participated in activities held throughout the day including an open mic, holiday meal, and brownie bar. We also helped our members connect to the greater community by offering **500** tickets to **31** events. Member Services was expanded to include a Member Services Assistant, dedicated to building rapport with members and ensuring the safety and security of our space.

The Aliveness Membership continues to reflect the HIV epidemic in Minnesota – **24%** of members are women, **51.8%** are people of color, **14.8%** are foreign born, and **32.5%** are over the age of 55.



Volunteers & Donors

Volunteers are essential to the Aliveness community. **515** volunteers contributed **10,287** hours of service. Volunteers contribute in many ways including at the front desk, in the kitchen, in the food shelf, helping with administrative tasks, serving on the Board of Directors, and volunteering for special events like Dining Out For Life, PRIDE, and the Holiday Gift Program.

Aliveness held and participated in several events. **148** restaurants, **110** volunteer Ambassadors, and an estimated **40,000** diners helped raise over **\$246,088** and HIV awareness during Dining Out For Life. Aliveness was one of five HIV organizations that benefited from the Red Ribbon Ride in August. We were selected as the December SEED recipient at Seward Co-op and raised **\$23,552** in the month of December for our Food Shelf. Ernst & Young was instrumental in shopping for, wrapping, and shipping to the **53** families in Greater Minnesota that participated in the Holiday Gift Program. **23** other organizations and businesses held drives to collect winter wear accessories to give to members.

Financials

OPERATING STATEMENT

INCOME	2018
Contributions & Grants	443,734
Government Grants	1,047,221
Program Fees	134,968
Special Events	155,204
Charitable Gaming contributions to General Operations	167,969
Miscellaneous	6,189
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Total Support & Revenue	1,955,285
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EXPENSES	
Food Services	569,922
Member Services	575,379
Outreach & Education	329,444
Management & General	281,104
Fundraising	178,276
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Total Expenses	1,934,125
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CHANGE IN NET ASSETS	21,160
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BALANCE SHEET

ASSETS	2018
Cash	277,167
Grants & Contracts Receivable	255,137
Other Assets	875
Property & Equipment	2,141,496
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Total Assets	2,674,675
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LIABILITIES	
Accounts Payable	97,270
Accrued Salaries & Vacations	70,575
Security Deposits	350
Notes Payable	693,259
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Total Liabilities	861,454
Total Net Assets	1,813,221
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TOTAL LIABILITIES & NET ASSETS	2,674,675
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General operations only. Draft figures – final audited figures forthcoming.



Mission Statement

The Aliveness Project links people living with HIV to resources for leading healthy, self-directed lives.

Vision Statement

Across Minnesota, there is a decreased stigma of HIV/AIDS, increased access to services, and better health outcomes for people living with HIV. The Aliveness Project's members feel supported as part of a safe community center that maximizes their health and wellbeing. 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.

“ I need to tell you how grateful I am to The Aliveness Project and your staff. I have been struggling with mental health and was very close to my last strand of hope. The feeling of no hope is beyond terrifying. Because of your services and staff, I have found hope. ”

– Aliveness Member

Board of Directors

Austin Bly

Carey Boyum

William Grier

– PRESIDENT

Peggy Hoeft

Gelli Overton

– VICE PRESIDENT

Scott Schlaffman

Tom Straley

– MEMBERSHIP ADVISORY
COMMITTEE PRESIDENT

Kathy Vader

– SECRETARY

Joe Watters

Leadership Team

Matt Toburen

– EXECUTIVE DIRECTOR

Tom Bichanga

– CARE & PREVENTION
DIRECTOR

Jennifer Dieter

– DEVELOPMENT DIRECTOR

Laura Strait

– NUTRITION & WELLNESS
PROGRAM DIRECTOR

Megan Swoboda

– FINANCE & OPERATIONS
DIRECTOR



THE HEART OF THE HIV COMMUNITY

The Aliveness Project

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