



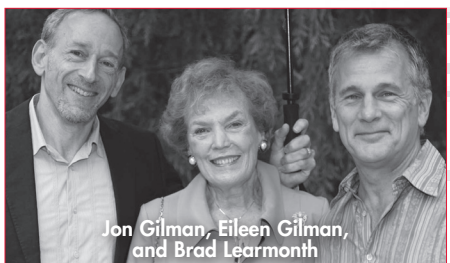
Daniel Romualdez, Karen Pearl
and Michael Meagher



Richard and Kristen Thompson,
Jon and Rebecca Bond



Jonathan Adler and Simon Doonan
with Fern Malis and Friend



Jon Gilman, Eileen Gilman,
and Brad Learmonth



Karen Pearl, Mark Lanspa,
Hollie Greene, and Jim Rottman



Alan Levin, Karen Pearl, and Louis Bradbury



John Cucci, Lisa Sherman,
and Gene Martinez

9TH ANNUAL MIDSUMMER NIGHT DRINKS

On June 13th, over 300 friends of God's Love gathered by the gorgeous fountain at Whimsy Farm, the Sagaponack home of Martin and Mary Puris, for our **Ninth Annual Midsummer Night Drinks** event. Supporters joined our Board of Directors, staff, and volunteers to raise much-needed funds for the urgent cause of providing meals and nutritional counseling to over 1,700 clients every weekday. We extend a special thanks to the Puris family for hosting this wonderful party, to our many event sponsors, and all of our great supporters! Thank you and we hope to see you there next year! ♥



Martin and Mary Puris



Michael Sennott, Jon Bond,
and Martin Puris



Reggie Smith, John Morrill,
William Diamond and Robert Herbert



Scott Bruckner and Ben Doller



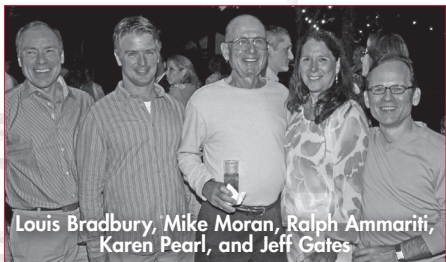
Ron Carlvah, Vicente Wolf,
and David Rogal



Marilyn Prince, Barbara Locker, Penny
Zuckerwise, Justin and Melissa Boisseau



Lee Mindel, Margaret Russell,
Richard Thompson, and Jon Bond



Louis Bradbury, Mike Moran, Ralph Ammariti,
Karen Pearl, and Jeff Gates

Ten Million Meals and Still Cooking...



On June 23rd, God's Love We Deliver marked an incredible achievement as we prepared and delivered our **TEN MILLIONTH MEAL**.

Among the volunteers, staff, celebrities, friends, and supporters invited to help prepare, cook, and pack-out this milestone meal in the kitchen at God's Love were Joan Rivers, Blaine Trump, Anna Wintour, Tamara Tunie and John Demsey. Joan, along with friends and supporters, then delivered the meal to a client in our SoHo neighborhood.

To honor Joan Rivers' unwavering dedication to God's Love We Deliver, as well as her success on *The Celebrity Apprentice*, **John Demsey, Chairman of the M·A·C AIDS Fund presented a \$250,000 grant check** to Joan to be used by God's Love to enhance and expand our home-delivered meals and nutrition counseling programs.

Thank you to all of our supporters, donors, and volunteers for making it possible for us to deliver ten million meals, hope, and dignity to those who need it most. It would not be possible without you! ♥

our mission

The mission of God's Love We Deliver is to improve the health and well-being of men, women and children living with HIV/AIDS, cancer and other life-altering illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who are unable to provide or prepare meals for themselves. We also offer illness-specific nutrition education and counseling to our clients and families, care providers and other service organizations. All of our services are provided free of charge without regard to income.



GOD'S LOVE WE DELIVER is a BBB Accredited Charity and a proud member of the BBB Charity Seal Program. God's Love meets or exceeds all 20 BBB Standards for Charity Accountability.



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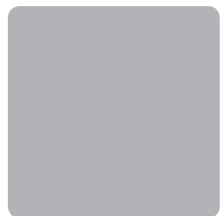
To Make a Donation
(212) 294-8142

To Volunteer (212) 294-8104

To Become a Client
(800) 747-2023

Special Events
(212) 294-8162

Website
www.godslovewedeliver.org



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

A MESSAGE FROM Karen Pearl

When fall arrives, everything at God's Love We Deliver goes into overdrive. Our client numbers start to climb as the weather cools off, we begin planning holiday meals and we prepare to host two of our signature events – the Golden Heart Awards and the Race to Deliver. This year, in the midst of all this activity, we will also begin rolling out new innovations that will benefit more of the individuals and families who need our nutritious meals.

Over the past few years, and especially throughout the prolonged economic downturn, we have seen an increasing need for our services. Our core commitment to provide meals and nutrition counseling to all who are sick and in need, while never maintaining a waiting list, is almost stretched to the limit. Faced with needing to prepare, freeze, inventory and deliver more and more meals we now find ourselves at a crossroads. Without the introduction of new technologies and systems, we know that we will not be able to continue to stay true to our mission.

Starting now, we know we must transform parts of our operation to keep our unwavering commitment to never turning anyone away who qualifies for our program. To do this, we have decided to install new software, retool certain operations and purchase new equipment. These changes will

ensure that we continue to meet the needs of the growing numbers of people who are turning to us for healthy meals.

Last year, we streamlined our client intake process and introduced new meals that are nutritionally more appropriate for our diverse client base. Our clients tell us that the soups, entrees and desserts are truly delicious and that they love the changes we made to the menu. This year, we will address the “behind the scenes” systems that need retooling as well –meal forecasting, production, inventory and delivery operations.

When all of the new operations and technology are up and running, we will achieve:

- Improved forecasting to ensure that the right meals are prepared and frozen well in advance of delivery
- Enhanced production and preparation of meals, utilizing additional freezers and blast chillers, and new packout and storage processes
- Better management of a larger inventory of meals through the use of food labeling and bar code tracking
- Improved delivery experience for clients, using routing and delivery confirmation software
- Greater communication with clients about their services and their deliveries.



These changes will ensure that we continue to meet the needs of the growing numbers of people who are turning to us for healthy meals.

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All of these innovations have two critical purposes: to improve our clients’ experiences and to ensure that we stay as efficient and productive as possible while we grow to meet the increased need for our meals.

We are extremely proud that no matter how much we use technology behind the scenes, all of our meals will continue to be prepared by hand with the same love and care, and delivered with the same dignity and respect that has always been our hallmark. We will continue to count on our extraordinary volunteers who work in our kitchen, make our deliveries and help in our offices. Without their engagement, we simply would not be successful.

Our thanks go Feeding America and the M·A·C AIDS Fund for their special grants that have allowed us to get started making these innovations possible, and to a number of donors who have purchased refrigerated vehicles and freezers to help us with our increased inventory and changing delivery needs. But we’re not there yet.

Your support is greatly needed now to help us continue to serve the growing numbers of seriously ill people who need us. Last fiscal year (ending June 30, 2009), we experienced a nearly 10% growth in our client numbers and hit a new milestone of delivering 810,500 meals. On June 21st, we celebrated a remarkable achievement – the cooking and delivery of our 10 millionth meal.

This year, we are on track to reach 5-10% more clients. As the economy continues to falter, more and more people who were getting by just can’t seem to do so any longer. They fall ill, greatly reduce or lose their income, and their support systems fray. They turn to God’s Love We Deliver when they can no longer shop or cook for themselves, and face the threats of malnutrition and hunger.

With your continued support, as we move through the fall and into the holiday season, we know that God’s Love will be there for all who need us – when they need us most. Whether you volunteer your time, donate your resources, or both, you make it possible for us to provide nutrition counseling, a delicious and healthful meal, comfort and peace of mind to those who are sick. I thank you so very much. ♥

Karen



VOLUNTEER PROFILE:

Ed Prostak

by Douglas Hall Kurdziel

On most Tuesdays and Thursdays, Ed Prostak can be found at his desk, outside the Director of Finance’s office, processing contributions and thank you letters to literally thousands of donors. He is such a familiar face in the office that many people assume Ed is an employee of God’s Love, but he is not. Ed is a most remarkable volunteer, who, over the past 20+ years, has given an amazing 7,000 hours of his time to help God’s Love help those in need. Yes, 7,000 hours! That equates to nearly 3 years of full time work on behalf of an organization that Ed loves so much.

Moved by a desire to give back to his community and in response to the AIDS crisis, Ed became involved with God’s Love in April of 1989, hoping to work in the kitchen. Ed was initially taken aback when he learned that he was needed more in our Finance Department than in our kitchen. As an actor with no experience in finance, Ed recalls that he “didn’t even know how to use a ruler.” However, he wanted to help out in any way possible and adapted quickly.

When he reflects on the changes he has witnessed over that time, Ed proudly tells how “the grassroots enthusiasm makes it possible to serve the people who need help in the most basic way possible, which is still what keeps us going. It’s remarkable how much things change, but how the energy is still the same.”

Over the past 20 years, he has worked in our Finance Department

assisting in multiple ways by helping to manage our donor database and create letters to thank our donors. Ed has played a critical role in making it possible for God’s Love to deliver over 10 million meals to friends and neighbors living with any life-altering illness. No role could be more gratifying.

Remarkably, Ed has volunteered on Thanksgiving and Christmas Day as a part of a holiday tradition for over 19 years with his husband Devyn. This past Christmas, he was out of town for work – Ed is an actor and was performing in “A Christmas Carol,” to rave reviews, in Phoenix – and missed his first Christmas pack-out since he began volunteering at God’s Love. However, Devyn kept the tradition alive by volunteering for both holidays. They both continue to make the holidays brighter for clients and volunteers.

Those who know Ed well are drawn to his incredibly positive attitude and his complete modesty. In fact, after so many years of volunteering at God’s Love, he still calls the opportunity to work for so long in the office a “privilege.”

In recognition of everything Ed has accomplished, on October 19th, God’s Love We Deliver will present him with a Golden Heart Award for Outstanding Volunteerism at our Third Annual Golden Heart Awards. We simply cannot thank him enough for his level of commitment and dedication to our mission and look forward to honoring his tremendous efforts. ♥



Did you know that most Americans eat 19.6 pounds of apples every year or that New York is the second largest apple producing state in the nation? New York produces one-fifth of the total US production averaging 25 million bushels annually. Approximately 100 varieties of apples are grown, including 19 commercially popular varieties. Many of these are available during the fall at your local farmer’s market.

Apples have a long history in New York State, and have long been part of the area’s economy, dating back to the beginning of commercial cultivation in 1730. Eating locally and seasonally not only supports the NY apple industry which employs

thousands of people in NY state and supports 694 growers on family farms, but also reduces your carbon footprint by eliminating the environmental damage caused by transporting produce for thousands of miles. Local apples also taste better and are often less processed.

FROM THE NEW AMERICAN PLATE COOKBOOK

Apple and Leek Frittata

SERVES 4

- Ingredients:**
- 4 eggs, large
 - 4 egg whites, large
 - canola oil spray
 - 1 sweet apple (such as Fuji), large, peeled, cored and diced
 - 1 leek, medium, tough outer leaves removed, rinsed well and thinly sliced
 - salt and freshly ground black pepper
 - 1 teaspoon rosemary, fresh and minced
 - 1 tablespoon chives, fresh and minced

Method:
In a medium bowl, whisk together the eggs and egg whites and set them aside. Coat a large nonstick skillet with canola oil spray and place over medium-high heat. Add the apple and leek and sauté for about 5 minutes, until the apple is tender but not too soft. Pour the eggs over the apple and leek mixture. Season with salt and pepper, then with the rosemary and

chives. Cover and cook over low heat for about 3 to 5 minutes, just until the eggs are set. Loosen the frittata from the pan with a spatula and gently slide onto a serving plate. Cut into quarters and serve.

Nutrition:
Per Serving: 124 calories, 5 g total fat, 2 g saturated fat, 10 g protein, 10 g carbohydrates, 2 g dietary fiber, 122 mg sodium.

Why purchase an apple from 3,000 miles away when you can get a fresher one grown in the region?

Nutritionally, apples are a terrific addition to your diet. Primarily, they are a good source of both types of dietary fiber, insoluble and soluble. Insoluble fiber helps regulate digestion and promotes satiety, while soluble prevents build up of cholesterol in the blood vessels and may help lower blood sugar after meals. Apples also contain potassium and vitamin C. Eating the skin will ensure that you get all the fiber and don’t miss the vitamin C – about half lays just beneath the skin. And as with any fruit, wash apples well before eating.

While apples are a great, portable snack, they can also be used in many ways in the home kitchen. Flavor or texture differences among apple varieties allow for an array of uses. Here are some suggestions to guide you as you think about cooking with apples this fall. Enjoy! ♥

VARIETY	FLAVOR	BEST USE
Macoun	Sweet	Eating, Sauces
Cortland	Sweet, Tart	Eating, Salads, Sauces, Baking
Gala	Sweet	Eating, Salads
Empire	Sweet, Tart	Eating, Salads, Baking
McIntosh	Sweet, Tart	Eating, Sauces
Ginger Gold	Sweet, Tart	Eating, Salads, Sauces, Baking

Adapted from: www.nyapplecountry.com/appleusage.htm

CLIENT PROFILE

Eileen Dobb



Eileen Dobb’s experience with cancer began like it does for so many— with the shock of being diagnosed. Her treatments that followed both saved and changed her life.

Eileen’s doctor had found swelling in lymph nodes, which prompted a quick biopsy, and then a second, confirming the diagnosis: Eileen had non-Hodgkin’s lymphoma, a cancer of the white blood cells. The cancer was so aggressive and advanced that they needed to begin a first round of chemotherapy immediately. Her life had changed in an instant.

She learned that the treatment would require her to be hospitalized for 2 to 3 months. “I went from working full time to a hospital bed, overnight, uncertain of any future.” For the next few months, Eileen was given powerful bursts of chemo to shrink the cancer cells. When it was finally time to return home, Eileen worried because she lived alone and she was unsure of how she would manage while she continued outpatient treatment.

Before she was released, the Supportive Care staff at St. Vincent’s Hospital told Eileen about God’s Love We Deliver. At first, Eileen was resistant to becoming a client. She had always thought of herself as independent and strongly disliked asking for help, especially with something she thought was as simple as feeding herself.

Eileen was convinced to try the program at God’s Love. She spoke with Jim Konetsky, the Manager of Client Services and found herself impressed by his professionalism and friendliness. Eileen immediately knew that she made the right choice by becoming a client. She told us, “The support services and nutrition staff make a tremendous difference in how someone on the program feels. God’s Love has a holistic way of taking care of

someone who is in the most desperate time in his or her life. The meals were really appetizing, too.

Over the past 5 years, Eileen has faced repeated battles with cancer and periods of recovery: Thanks to generous support from the New York Community Trust for our clients living with cancer, God’s Love was there for Eileen each time she needed to restart service. “I actually had the same delivery driver in 2003, 2007, and 2008. Every time I received a meal delivery, he had the same smile and warm greeting for me no matter how many deliveries he had that day. I always looked forward to it.”

Eileen counts herself among the very lucky ones. She is now cancer-free. Part of the journey of her recovery has been exploring and connecting with others. For Eileen, this has included time with new friends that she met through cancer support services, along with new practices of meditation, writing, singing, and painting. Although she had never lifted a paintbrush before, Eileen now enjoys painting. She attends classes at The Creative Center (<http://www.thecreativecenterarts.org>) which offers free courses for individuals, who are ill, to help them explore the world of art. Eileen credits God’s Love for giving her support needed to get through treatment, and The Creative Center for giving her the tools and skill to enjoy painting.

Recently, Eileen volunteered in our kitchen to prepare and pack out meals, because she wanted to give back to God’s Love. “With each meal that I packed, I sent good wishes for the person receiving it so each of them can feel the love I felt every time I was delivered a meal. I can’t say “thank you” enough to everyone who makes the mission of God’s Love We Deliver possible.” ♥

Save the DATE

- ♥ **Third Annual Golden Heart Awards Celebration**
Monday, October 19, 2009
The IAC Building
- God’s Love We Deliver will honor and celebrate the important contributions of Calvin Klein, NYC Council Speaker Christine Quinn, and volunteer Ed Prostak.
- For tickets, sponsorship or more information, please contact Susan Oher at events@glwd.org or call 212.294.8162
- ♥ **16th Annual Race to Deliver**
Sunday, November 22, 2009
Central Park
- Join with thousands of runners in Central Park to benefit God’s Love We Deliver—it’s not just another walk in the park. **Register today at www.racetodeliver.org**
- ♥ **Thanksgiving Day**
Thursday, November 26, 2009
- Christmas Day**
Friday, December 25, 2009
- Volunteer at God’s Love for the holidays and help feed those who are ill and hungry.
- For more information call Emily Findley at 212.294.8169 or email efindley@glwd.org