

2010 GIFTS FROM THE HEART

For that wonderful time of year when you reach out to family, friends and colleagues with warm wishes, we are proud to offer this year's "Gifts from the Heart." A fabulous array of items from our 2010 catalogue are available

on-line for your holiday shopping needs. 100% of the proceeds from "Gifts from the Heart" go toward fulfilling our urgent mission. Please go to www.godslovewedeliver.org to view our catalog. ♥

Save the DATE

♥ **Sunday, November 21, 2010**
17th Annual
RACE TO DELIVER
Central Park, NYC

♥ **April 2011**
AUTHORS IN KIND
LUNCHEON
The New York Palace Hotel

♥ **COMING IN JUNE 2011**
MIDSUMMER NIGHT
DRINKS

Please visit
www.godslovewedeliver.org
for more information on
these and other events.

+ ♥ www.glwd.org

One of our new website's special features is the "Share Your Story" section. You can read amazing and moving stories from volunteers, clients and friends – and then, share your own!

{FROM "SHARE YOUR STORY"}

I am writing to let you know that **JMW died this weekend**. I have been extremely grateful for your food deliveries to him over the past months. I live in Toronto, and was a major care giver during his illness. Your delivery of meals made my job much easier. Thank you for your work in distributing food to those in need. Please pass on my personal thanks to the young man who delivered the meals. He was always cheerful and had a welcome smile on his face. Please let him know that he brought nourishment to the body and soul. Thank you.

– Friend of Your Client



VOLUNTEER PROFILE

Megan Slate

It was 1991 and Hurricane Bob had us in his sights. Our little community on Fire Island was under mandatory evacuation, so we all piled on ferries and made our way to the Bayshore Motel to wait out the storm. Next to us, in our little courtyard area, was Ganga Stone and her daughter, Headly.

Ganga was staying in Saltaire for the summer, as were my family and I. I got to know her and the remarkable story behind God's Love over the next four weeks, in the way parents whose kids play together bond. (Ganga, of course, was one of the founders of God's Love.) I've thought often of Ganga over the

years and, living downtown, frequently passed the unprepossessing building that houses all those good deeds on my way here and there.

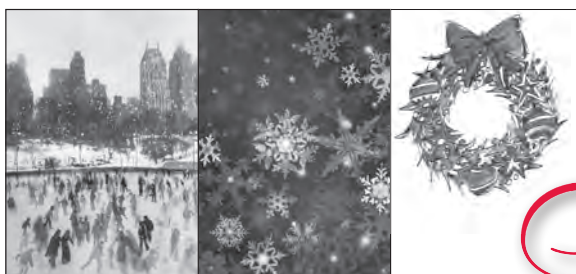
Fast forward to last November 2009 and my pal, Patti, asking if I'd like to get up at the crack of dawn every Friday to help pack out at God's Love. Since I was actively looking for a place to volunteer, it seemed a perfect, if yawningly early, fit.

It's approaching a year since I've been involved with God's Love, and my admiration for the effort and kind concern displayed by everyone I've met in the little brown building continues to grow. Thank you, God's Love. ♥

Joan DOES IT AGAIN!



In October, God's Love Board Member extraordinaire Joan Rivers appeared on the hit television game show "Are You Smarter Than A 5th Grader?". She certainly proved that she is when she won \$25,000 for God's Love We Deliver! In addition to the funding, the exposure this brings is so valuable as we serve more clients than ever. Joan, the entire God's Love family, especially our clients, thank you for your tremendous dedication to our mission. You are simply the best! ♥



2010

Holiday TRIBUTE CARDS

This year, share the spirit of giving with your loved ones, friends, and business associates by sending personalized holiday cards from God's Love We Deliver.

You can choose from a variety of exciting new holiday designs, including the exclusive sepia tone photograph of Wollman Rink by Edward Pfizenmaier. Visit www.godslovewedeliver.org to view the entire selection.

Inside each card is a special message to let the

recipient know that a donation has been made by you, with your name handwritten in the card, in their honor.

For a minimum donation of \$10 per card, we will address, stamp and mail personalized holiday cards with your return address on the envelope. Send us your list and we will do the rest!

For more information, please call us at 212-294-8142 or visit www.godslovewedeliver.org ♥

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.



Printed on recycled paper

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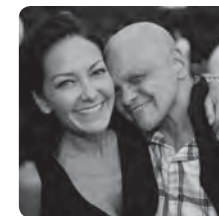
To Make a Donation
(212) 294-8142

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

Check out our New website at www.godslovewedeliver.org

A MESSAGE FROM Karen Pearl

As the weather changes and the holidays fast approach, we are in high gear at God's Love We Deliver. For the first time in our nearly twenty-five year history, God's Love is providing meals to an average of 1,900 people each day. We are cooking 3,800 meals every weekday; that's a lot of food (for example, 1,750 pounds of chicken a week) – and, most importantly, a lot of love from our staff and volunteers to our clients every day.

...this transition will be seamless for our clients, giving them more control, dignity and choice...

A special way for our whole community to join together this fall is on our fantastic new website that focuses on the needs of our clients and contains a wealth of information about our services, events and ways to help God's Love. I invite you to join us at www.glwd.org and experience the many new features. You can "Share Your Story" about why you volunteer or support our efforts. You can read the stories of clients, their families, and

other volunteers and friends. You can learn nutrition information, see our daily message to clients, comment on our blog, purchase tickets for our events, sign up to volunteer or become an advocate, make a donation, learn about the groups that are volunteering each day, and keep up with news stories about what's happening at God's Love. You can also purchase holiday gifts from our online catalog and send e-cards for holidays and special occasions. The website is a great way to stay engaged and an easy way to support God's Love. I hope you will log on regularly.

Over the past few years, we have witnessed an unprecedented growth in demand for our nutritious, freshly prepared meals. Last

fiscal year, ending on June 30, 2010, we cooked and delivered 846,042 meals, the greatest number ever in our history. While we forecasted additional growth of 5% this year, we have already seen a growth rate of 21% in just the first 3 months of this new fiscal year. Clearly, there is a tremendous and ever-growing need for the meals and nutrition counseling we provide.

To accommodate this growth, we are changing how we prepare and



deliver meals. Shortly, we will be rolling out a chilled/frozen model for our meal deliveries which will ensure that, in concert with our growth, we will stay true to our commitment to never have a waiting list. Our clients (and their children and senior caregivers) will receive fresh and delicious meals that are always of the highest quality no matter how long a delivery route might be.

What's most important about the change is that we came to this plan after we surveyed our clients. They told us that only 19% eat their meals when they arrive. The remaining 81% put their meals in the refrigerator or leave them on the counter for later (quite dangerous as this promotes the development of bacteria). Clients also told us that they can manage frozen entrees without issue, and that they would welcome fewer delivery days.

The change to a chilled/frozen model will require many operational

shifts. We are in the process of purchasing refrigerated vans, as well as more freezers to accommodate the growing number of meals we store. We extend our gratitude to Joe and Anne McCann, Bruce Nelson, the Avon Foundation, the Judith C. White Foundation, the Calamus Foundation and Public Health Solutions for their help in securing the needed equipment. With their help, and critical annual support from so many in our community, including key funders like the M•A•C AIDS Fund, Komen for the Cure, The New York Community Trust, Wachovia Wells Fargo, the Hearst Foundation, LF USA, Bloomberg and Broadway Cares/Equity Fights AIDS, this transition will be seamless for our clients, giving them more control, dignity and choice about what they eat and when they eat it.

We are asking you to be as generous as possible during this holiday season as we work to meet the challenge of providing meals to the growing number of individuals and families who count on God's Love.

With your support, God's Love will continue to be there for all who need us – when they need us most – when they can no longer shop or cook for themselves because of their illness and face the dual threats of malnutrition and hunger.

Whether you volunteer your time, donate your resources, or both, you make it possible for us to provide nutritious meals, comfort, respect and peace of mind to those who are sick. I thank you so very much and wish you all the best this holiday season and into the New Year. ♥

-Karen

foodforthought

Do you have a suggestion for a story that you would like to see in Food for Thought? Email us at **development@glwd.org**

Nutrition and Aging

At God's Love, our Registered Dietitians provide nutritional counseling to clients with serious illnesses, many of whom are also sixty years and older. Some may be contending with nutritional issues that are affected by both illness and aging, and often it can be difficult to tease apart the direct cause. Two examples of this are the loss of lean tissue (muscle) and inflammation.

As we age, many changes occur throughout the body that can alter nutritional needs. One common concern is weight gain that is associated with the loss of muscle. Occurring over time, it is directly related to a reduction in metabolic rate. The metabolic rate refers to the amount of calories needed to maintain body weight. If this is reduced, food intake must decrease as well in order to avoid weight gain. When this counter-balance doesn't happen, weight is gained. This is a common occurrence in the older population; however, this trend reverses in the most advanced years, when weight loss is frequently experienced.

Preserving muscle is fundamental not only to maintaining a healthy weight, but also to bone health and strength. All three are extremely important components of health maintenance throughout the lifespan. Regular resistance exercise – think resistance bands, weight lifting and calisthenics – can help maintain muscle tissue. Always consult your medical

provider before starting any exercise regimen.

Illness, as well as age, may diminish muscle mass. As part of nutrition counseling sessions, our Registered Dietitians stress the importance of maintaining muscle. For our clients who are essentially homebound, some forms of resistance training would obviously not be appropriate. Rather, we work with clients to adapt activity to their individual situation, often suggesting working with light resistance bands to those who are medically able. These exercises can be modified and done in various ways, even seated. To make this all possible, we send resistance bands and instructions to clients.

The level of inflammation in the body also influences how we age. Inflammation is the body's immune response to injury. Generally speaking, this is a positive response, a visible sign of healing. It is another type of inflammation, that is low-level, systemic, chronic and unseen, that is related to risk of many illnesses such as heart disease, stroke, diabetes, Alzheimer's and cancers. It is also part of the aging process. Chronic inflammation can be aggravated by some foods, smoking and by being overweight. By increasing inflammation, these lifestyle

choices speed up the aging process. Foods that are pro-inflammatory include those that contain trans-fat, like fried foods – doughnuts, French fries and chips – and saturated fat. Saturated fat is primarily found in fatty cuts of meat and full-fat dairy products.

Eating a diet that is high in fiber, colorful fruits and vegetables, whole grains, beans and rich in monounsaturated and omega-3 fats, is recommended to reduce inflammation. Examples of monounsaturated fats are olive oil, peanuts and avocados. Omega-3 fats can be found in fatty fish like salmon, tuna, sardines, mackerel, trout and herring, as well as in flaxseed, soy and wheat germ. Here are some ideas on how to include more anti-inflammatory foods in your diet. ♥



SALMON

Rich in omega-3 fats, salmon is also an excellent source of protein. The American Heart Association recommends at least two servings of fatty fish a week to reduce cardiovascular risk. To reduce exposure to mercury, look for wild salmon that is less contaminated than farmed fish. Canned salmon makes obtaining wild salmon year round possible and economical.

TURMERIC

Long used in Chinese and Indian medical systems as an anti-inflammatory, turmeric is a bright yellow spice with a peppery flavor. It is one of the ingredients of curry powder, and is used to give color to many products such as mustard. Curcumin, a chemical in turmeric thought to contain the majority of the spice's anti-inflammatory properties, is being studied in regards to many conditions. Add your turmeric to your rice, sautéed vegetables or lentils.

YOGURT

An extremely healthful food, yogurt contains protein, calcium and probiotic bacteria that enhances your gut flora and boosts immunity. It's also a quick and easy snack that can be enjoyed at any time of the day. Choose a yogurt with at least 3 active cultures. Look for the Live & Active Cultures seal on the yogurt you buy. In general, the more cultures the better.

CHERRIES

The antioxidant compounds that give cherries their beautiful color are also related to their anti-inflammatory properties. Tart cherries contain higher concentrations of antioxidants than the sweet, but both are good choices.

Salmon Patties with Tahini Sauce

8 PATTIES

- 15 oz. can salmon - flake with a fork, removing any skin pieces but mashing any small bones
- 2 pieces whole wheat bread - make into crumbs with your blender or food processor
- 1/3 - 1/2 red pepper – finely diced
- 1/4 cup chopped fresh parsley or chives
- 1 small onion – finely diced
- 3 - 4 Tbsp. hummus
- 3 - 4 drops Tabasco sauce or 1/8 tsp. cayenne pepper
- 1 tsp. fresh or bottled lemon juice

Directions:

Mix all ingredients together.

Shape into patties.

Spray your largest frying pan with a cooking oil spray (olive or canola oil) and fry until browned on each side.

Tahini Sauce

Ingredients:

- 1/4 cup Tahini (sesame seed paste)
- 1/4 cup water
- 1 clove garlic chopped very small
- 1 - 2 tsp. lemon juice

Directions:

Mix all ingredients together in blender or food processor.

Yield: 1/2 cup. Each serving is approximately 1 Tablespoon.

Reprinted with permission from Diana Dyer, MS, RD, founder of the web site www.CancerRD.com and author of the book *A Dietitian's Cancer Story* © 2002, Swan Press, Ann Arbor, MI. More ultra-healthy recipes and cancer nutrition information can be found at Diana's web site, www.CancerRD.com.

"EXTRA VIRGIN" OR "VIRGIN" OLIVE OIL

Made from the first pressing of olives, and therefore less processed, extra virgin and virgin olive oil are excellent choices to add to your diet. They contain high levels of phenols, which are protective antioxidants. When purchasing oil, look for one in an opaque container. This will preserve the phenol content that is destroyed by light.

2010 Midsummer's Night Drinks

1. Andrew Gordan, Linda Wells, Ford Huniford
2. Daniel Klaus, Chad Leat, Tony Ingrao, David Kleinberg
3. Deric Bradford, Robby Browne, Lorraine Bracco, David Perrott
4. Jack DeLashmet and Geoffrey Nimmer
5. Host Chad Leat and Michael Sennott
6. Margaret Russell and Reggie Smith
7. Maria Kastanis, Mark Lanspa, Richard Feldman, Karen Pearl, Louis Bradbury
8. Gods Love We Deliver Board of Directors
9. Jon Gilman, Jon Nathanson, Tina Marie Birch, Alan Rogers, Richard Feldman
10. Jeff Gates and Mike Moran
11. Jon Bond, Rebecca Bond, Mary Puris, Martin Puris, Richard Thompson, Amy Eagle
12. Thomas Dolby and Drew Frist
13. Vicente Wolf, Matthew Yee, Karen Pearl, David Ludwigson
14. Rita Sherr, Shelley Messing, Barbra Locker
15. Sue Chalom and Geoffrey Bradfield
16. Todd Waterbury, Scott Bruckner, Elizabeth McKeon, Sylvia Vogelman, Jim Rottman, Hollie Greene
17. Desiree Gruber and Jeffrey Slonim
18. Barbara Goodstein, Rob Rosenblatt, Sylvia Vogelman, Jon Bond, Rebecca Bond
19. Leslie Klotz, Lisa Sherman, Mary McBride
20. Gaby and Mark Lehrer
21. Richard Feldman, Alan Levin, Jon Nathanson
22. Michael Sennott and Jeff Pfeifle
23. John Burger, Arline Blake, Richard Feldman, Sara Throne
24. Jeff Gates, Bill Weelan, Mitch Draizin

