In October, Gods Love Board Member extraordinaire Joan appeared on the hit TV show “Who Wants to be a Millionaire?”. Her strategy was simple: “Why Should I Be Smarter Than A 4th Grader?” She certainly proved that she is when the show $25,000 for Gods Love. We’d love to hear more stories like hers. In addition to the funding, the exposure that this brings is so valuable to us as we move closer than ever. Joan, the entire Gods Love family, especially our clients, thank you for your tremendous dedication to our mission. You are simply the best.

We are proud to offer this year’s “Gifts from the Heart.” A 13th volume of stories from our 13th anniversary are available online for your holiday shopping needs. 100% of the proceeds from the gift cards go back to our operations. Please go to www.godslovewedeliver.org to view our catalog.

O nce upon a time, we had a back-to-back win in 2010. For the second year in a row, we were awarded “Non-Profit of the Year” by CBS2 and Eyewitness News New York for our commitment to serving those living with HIV/AIDS. We are proud to offer the gift of our “Gifts from the Heart.” A collection of stories from our 13th anniversary are available online for your holiday shopping needs. 100% of the proceeds from the gift cards go back to our operations. Please go to www.godslovewedeliver.org to view our catalog.

The year 2010 has been filled with changes, both big and small. Some have been the result of the growth that we’ve experienced; others have been the result of the challenges we’ve faced. Our clients have provided us with feedback on how to improve our services. We have implemented changes that have helped us to deliver even more nutritious meals to our clients. We are excited to offer you a new website that focuses on the needs of our clients and contains stories of clients, their families, and volunteers. This website is an extension of our current online presence, and we encourage you to visit it to learn more about what’s happening at Gods Love.

We have witnessed an unprecedented growth in our fiscal year, ending on June 30, 2010, we have already seen a growth rate of 21% in just the first 3 months. This growth is due to our commitment to providing fresh and delicious meals to our clients. We have also seen a growth in our counseling services. We have witnessed an increase in the number of clients who are seeking counseling services. We have also seen an increase in the number of clients who are seeking counseling services.

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Nutrition and Aging

At God's Love, our Registered Dietitian strives to promote nutrition counseling for those who suffer from an illness, many of whom are also sixty years and older. Some must be counseling with nutritional issues that are affected by their illness, and aging, and often it can be difficult to tease apart the direct cause. An example of the use of anti-oxidants (vitamins and inflammation). One common concern is weight gain that is associated with the loss of muscle. Occurring over time, it is directly related to a connection in metabolic tissue. You can see the amount of calories needed to maintain muscle weight. If this is reduced, you will not maintain muscle mass as well in order to avoid weight gain. When this continues, nothing happens, weight is gained. This is a common occurrence in the older population; however, this trend remains in the most advanced stage, when weight loss is frequently experienced. Preventing muscle loss is fundamental not only to maintaining a healthy weight, but also to bone health and strength. All these are extremely important components of health maintenance throughout the lifespan. Regular exercise routines – think resistance band, weight lifting and calisthenics – can help maintain muscle mass. Always consult your medical provider before making any exercise regimens.

Salmon

The omega-3 fatty acids in salmon are an important source of nutrients. The American Heart Association recommends at least two servings of fatty fish a week as an excellent source of omega-3 fatty acids – the heart-healthy fats that are found in salmon. General salmon makes a healthy choice for your joint and bone health and can help reduce your risk of osteoporosis.

TURMERIC

Long used in Chinese and Indian traditional medicine as an anti-inflammatory, turmeric is a yellow-orange spice that is one of the ingredients of many curry pastes. It is used to give color to many products such as mustard. Curcumin, a chemical at the center of the anti-inflammatory properties of turmeric, is targeted towards several groups including multiple sclerosis. Add your turmeric to your rice, sautéed vegetables or lentils, the more colors the better.

YOGURT

YoGurt is the traditional use of yogurt, which is a fermented milk product containing probiotics, cultures and probiotics that enhance your gut flora and health. YoGurt is widely consumed as a healthy and nutritious food. YoGurt is recommended for its ability to improve gut health and promote a healthy immune system. YoGurt can be an excellent choice for people with specific dietary needs.

Cherries

The cherries used in the production of our frozen cherries are of the Bing variety. The Bing cherry is a well-known variety of cherry that is known for its sweet, juicy, and meaty flavor. It is also rich in antioxidants and is used in various dishes, including desserts and beverages.

Yeast

Yeast is a small single-celled fungus that is used in the production of bread, beer, and wine. It is also used as a food additive and in various other products. Yeast is known for its high nutritional value and its ability to produce alcohol.

Soy

Soy is a bean that is commonly used in the production of tofu, soy sauce, and other soy products. Soy is a rich source of protein and is used in various dishes, including stir-fries and sausages.

Garlic

Garlic is a bulb that is used in various dishes, including soups, stews, and sauces. It is known for its pungent flavor and its ability to add depth to dishes.

Tomatoes

Tomatoes are a fruit that is used in various dishes, including salads, sauces, and soups. They are known for their bright red color and their ability to add a tangy flavor to dishes.