



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER | CELEBRATING 25 YEARS OF SERVICE

A MESSAGE FROM **Karen Pearl**

As God's Love We Deliver celebrates 25 years of service to the community, we also celebrate the extraordinary contributions of our volunteers, who day in and day out, respond to the urgent needs of our severely ill clients. Not only do our volunteers chop in our kitchen, package meals in our pack-out area, deliver on our vans, and assist in our offices, they do it all with enormous good cheer and vitality.

God's Love began as an all-volunteer response to a devastating crisis. When people with HIV/AIDS were isolated by stigma and often alone, unable to take care of their most basic need for nourishment, our volunteers answered the call. Along with our founders Ganga Stone and Jane Best, they learned that doing something

response to HIV/AIDS grew to be an urgent response to all those too sick to shop or cook for themselves. Today, 7,600 volunteers each year help us provide services to clients living with 200 unique diagnoses, and to their children and senior caregivers.

Our volunteers come to God's Love for deeply personal reasons and stay because their experience at God's Love is so life-affirming. You just have to read our clients' letters of thanks or see the smiles on their faces when they receive their meals to know that our volunteers make a profound difference in our clients' lives.

God's Love welcomes individuals who volunteer weekly, work teams from corporations who choose us for their service days, student groups from

Our volunteers' deep sense of community and of the importance of caring for others remains the hallmark of our volunteer program to this day.

as basic as delivering a meal could break down barriers of fear and misunderstanding, and bring respect and dignity to those dying of illness.

What strikes me about our beginning is its profound humanity. Our volunteers' deep sense of community and of the importance of caring for others remains the hallmark of our volunteer program to this day.

When in 2002, God's Love expanded our mission, what began as an urgent

colleges and universities, and supporters who just want to experience working in the kitchen or making a delivery. We have witnessed lifelong friendships starting and taking hold; co-workers sharing a laugh for perhaps the first time; students committing to a life of service; and fiery discussions of books, plays, restaurants, fashion, politics and so much more.

We are proud that since our founding, we have welcomed more than 60,000 individuals as volunteers at God's Love.



We are particularly humbled that, today, we have 150 active volunteers with over 10 years of service. And, the most remarkable thing is that all of our volunteers say that they get back even more than they give.

On October 19 at our Golden Heart Awards Celebration, we will honor Carolina Herrera, who just this month delivered meals, as well as "25 Years of Volunteers." As much as our program has evolved over 25 years, our core as a volunteer driven organization has stayed the same. It is in large part due to our volunteers that everything we do at God's Love is done with purpose, and that every meal is cooked and delivered with love. I am deeply grateful to all of our volunteers who give to us the gift of their hearts and their time.

If you have never volunteered with us, I invite you to join us. I guarantee that you will leave here feeling better than when you arrived, more fulfilled and enriched than you imagined. I hope to see you soon. ♥

-Karen



2011 MIDSUMMER NIGHT DRINKS

This past June, more than 400 friends spent a glorious evening on the lawn at Board Member Jeff Pfeifle's magnificent home in Water Mill. Our many thanks to our host, all of the guests, co-hosts, volunteers and sponsors for making this the extraordinary evening it was and our most successful "Midsummer Night Drinks" event to date. ❤️



Richard Feldman, Lynn Friedman,
Lewis Friedman, Jon Nathanson,
Sylvia Vogelman



Michel Langlais, John Burger,
Alan Levin, Glenn Finn



John Glicking, Fredrick Doss, Vivian Polak,
Michael Sennott, Mike Moran, Michelle Francis



TR Pescod, Ben
Bourinat, Scott
Bruckner



Michael Sennott and Jon Bond



James Anderson, Leslie Klotz
and Steven Gambrel



Joe and Laureen Kirk



Robin Meltzer and Barbra Locker



Our Board of Directors and Karen Pearl



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Jeff Sander, Mala Sander



Karen Pearl, Jeff Gates,
Sylvia Vogelman, Mike Moran



Brad Learmonth, Karen Pearl, Jon Gilman,
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Geoffrey Bradfield
and Sue Chalom



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Glen Finn, Gerry Madigan



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Desiree Gruber, Karen Pearl



Jeff Pfeifle, Marci Klein,
Calvin Klein, Anne
Keating



Jonathan Canno, Jeff Pfeifle, Jack DeLashmet,
Kevin Noonan, Rod Winterrowd



David Rogal, Vicente
Wolf, Ron Carlivati

I give because it addresses a real need and builds a stronger community. In return, the insight and blessings I receive far exceed the value of my time and money.

Rusty B., Kitchen Volunteer

God's Love cared for someone I cared for. I'm just saying thanks.

Brian M., Kitchen Volunteer

I couldn't be happier to be part of such a giving community. It's hearing the stories of those in need and knowing how many people we are helping each day. Who wouldn't want to be a part of that?

Beth R., Kitchen Volunteer

I deliver my time to God's Love because it changes the lives of both the affected and infected in beautiful ways, providing love through nutritious foods for longevity and prosperity. Remember: food stirs the soul.

Gerald D., Kitchen Volunteer

Almost everyone knows I am with God's Love. It is satisfying; there is still a need for it. There's still so much that we don't know about AIDS.

Charles H., Delivery Volunteer

Healthy, nutritious and good-tasting meals needed to be prepped, packed out and delivered to people living with serious illnesses. SOMEONE has to do it!!!!!!

Norma G., Kitchen, Delivery and Office Volunteer

25 Years of **Volunteers** "Why I Deliver"

This summer, we asked our volunteers one simple question: "Why do you deliver?" We have received an outpouring of warm and wonderful comments – we share some with you here and look for more in our winter newsletter. The love continues!

I deliver because I can.

Susan W., Kitchen Volunteer

I think it's important that the seriously ill focus their energy on their family, friends and enjoying life to the fullest, not worrying about how they're going to feed themselves. I come on Thursdays to ensure that the people we're helping have one less thing to worry about.

Jaci H., Kitchen Volunteer

I "deliver" to pay it forward and do good. I "deliver" to give thanks and give back. I "deliver" to share blessings and laugh with friends.

Gene C., Kitchen Volunteer

There is NOTHING like giving back to the community. It is the most REWARDING thing I can think of to do.

Carol R., Kitchen Volunteer

Because it is such a phenomenally well-run organization that I am proud to be a part of and associated with. Because it is the best time I've ever had while helping others.

Debbi B., Kitchen, Kitting and Orientation Volunteer

Because I do unto others what I would like others to do unto others. Because I am an AIDS activist and that's what we do, we GIVE. Because I'll find any excuse to see the people who work at God's Love. They're good looking!

Africa E., Kitchen and Delivery Volunteer

Because: It does good. Makes me feel good. And I meet interesting, diverse people doing great work.

Jerry G., Kitchen Volunteer

To show some love to my community and to be reminded that sweet, good-hearted people live, breathe, and chop in New York City.

Noel D., Kitchen Volunteer

Tribeca CSA: The 2011 Collaboration

By Lisa Zullig, MS, RD, CDN Director of Nutrition Services

God's Love We Deliver is collaborating again this year with the Tribeca CSA (tribecacsa.org) to bring local, fresh produce to its Grocery Bag clients throughout the growing season. Launched in 2007 as a complement to our Home Delivered Meal Program, the Grocery Bag Program provides weekly grocery items and nutrition counseling to clients with HIV/AIDS who are able to do some meal preparation and have a financial need. It has expanded the continuum of care that God's Love provides, targeting those with improved health status or those needing less intense intervention.

What Is CSA?

Community Supported Agriculture (CSA) provides urban residents with direct access to seasonal, locally grown produce, and provides farmers access to capital. Prior to the season, members of a neighborhood CSA purchase a "share" of a crop from a regional farmer, who delivers these shares to a central drop-off location each week. This arrangement affords the farmer the opportunity to plan for the season, make repairs, and purchase new seed, thereby helping family farms stay in business. The season runs from June through October and each share typically contains 7-10 types of vegetables, enough to feed a family of 2-4. Some CSAs also offer fruit, egg, and flower shares. The CSA movement also fosters connections between farmers and CSA members: often CSA members and their families are invited to visit the farm, meet the farmer, and work in the fields.

Tribeca CSA

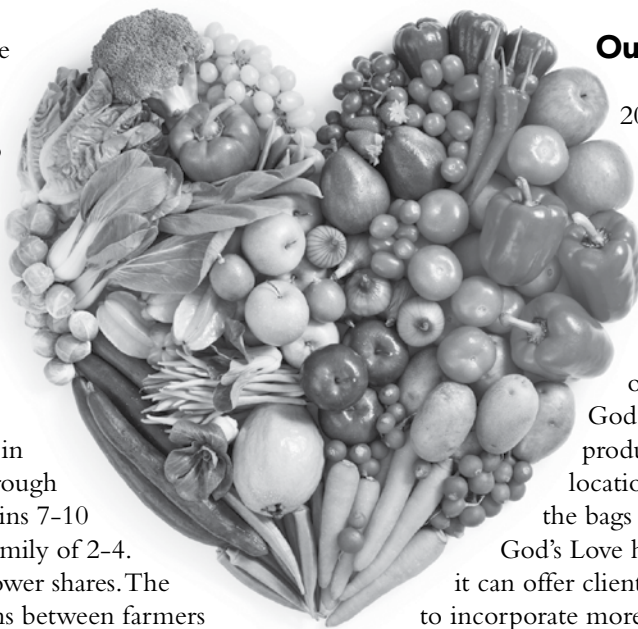
The Tribeca CSA receives vegetables and eggs from La Baraja Farm in Goshen, NY and fruits from Wilkow Orchards located in the Hudson Valley. Both are about 80 miles north of NYC.

The Goshen area is traditionally known for its fertile black soil, and its onions. Once primarily an onion farm, La Baraja Farm has been transitioned by the current farming family to produce over 50 types and varieties of vegetables using no chemical pesticides or fertilizers. This past June, Tribeca CSA members were invited to visit La Baraja Farm for the day. My husband, son and I made the trip and had the opportunity to meet the family that supplies the wonderful vegetables and eggs to CSA members. We had a fun afternoon walking the fields, collecting eggs and sharing a delicious lunch that incorporated many items grown on the farm.

Our Partnership

After a short trial at the end of the 2010 season, God's Love is excited to be partnering again this year with the Tribeca CSA. In addition to a few purchased vegetable shares, all shares unclaimed at the end of each weekly distribution are donated to God's Love, ensuring that its Grocery Bag clients receive a variety of vegetables and fruits each week.

God's Love volunteers transport all produce from the Tribeca distribution location back to the agency and assemble the bags for delivery. With the CSA produce, God's Love has been able to greatly expand what it can offer clients. And, clients have been very happy to incorporate more fresh, seasonal produce into their meal plans. We always include a "Recipe of the Week" highlighting weekly selections in each bag. Future plans include an ongoing education series on how to prepare new and interesting CSA vegetables. You can see photos of the produce and of our volunteers packing all of the bags on our Flickr site at flickr.com/godslovewedeliver. ♥



FALL FAMILY RECIPE

Kids will love to help prepare these quesadillas. Easy to make, they are a great snack or light meal, and a terrific way to use fall apples.

Apple and Cheddar Whole Wheat Quesadillas

SERVES 6

- 1½ cups shredded sharp cheddar cheese
- 6 whole wheat tortillas
- 1 large or 2 small apples, cored and thinly sliced
- Natural cooking spray

Directions:

- ◆ Sprinkle 2 tablespoons cheese over one half of each tortilla. Arrange apple slices, barely overlapping, on top of each pile of

cheese then sprinkle 2 more tablespoons cheese over apples on each tortilla and fold each in half.

- ◆ Generously spray a large skillet with oil spray and heat over medium high heat. Arrange half of the quesadillas in the skillet without overlapping and cook, gently flipping once, until cheese is melted and tortillas are golden brown on both sides, 2 to 3 minutes per side. Transfer to plates

and repeat process with natural oil spray and remaining quesadillas; serve warm.

Nutrition:

Per serving (about 4oz/125g-wt.): 280 calories (110 from fat), 12g total fat, 6g saturated fat, 30mg cholesterol, 350mg sodium, 29g total carbohydrate (3g dietary fiber, 6g sugar), 11g protein

Recipe courtesy of Whole Foods Market. Visit wholefoodsmarket.com for more great recipes.

Client Profile

Simon has always been an energetic man, seemingly bouncing through life.

Growing up in Montana, as a young man he was bitten by the theater bug and starred in several musical productions such as *Annie Get Your Gun*, *Oklahoma!* and *West Side Story*. After high school, Simon yearned for something different and found it when he arrived in New York City. That was over 40 years ago and he has never looked back. He knew he had found a new home.

When Simon arrived in New York, he immediately began to explore the city with his new friends. They would dance from bar to bar and go to Broadway shows and other festive events. Simon remembers those shows the way one remembers birthdays – each one significant and memorable, enough to write home about.

During the day, Simon worked at an antique company, selling beautiful furniture to the city's rich and famous. His energy and enthusiasm for his work made Simon a star employee at the job he loved. It did not hurt that many of the people he saw and admired on Broadway and Off-Broadway came to his store to shop. Simon looks back fondly on having had a chance to meet so many of the actors he had seen on stage. He took great care with his work in the West Village and appreciated that it allowed him to attend the shows and explore the City's nightlife.

Unfortunately, after decades of living in New York City, pursuing his passions and living his dreams, Simon began feeling desperately sick. He was diagnosed with HIV/AIDS in 2004. Within a year, Simon was forced to leave his job at the antiques company, because his health had deteriorated so rapidly. Simon's hips and other bones were weakened, he could barely walk and he suffered terrible muscle cramps. His condition left him bedridden for weeks at a time, a lifetime for our energetic friend.

Simon found God's Love We Deliver through his support group and his life has changed remarkably for the better since then. Simon is feeling much stronger and is so appreciative of the personalized attention he receives from God's Love. His high energy and positive spirit led him on many adventures during his younger years and it is that high energy and positive spirit that keeps him going today.

He says, "I know I am not alone. I feel emotionally supported because I know someone cares. That is more important than you'll ever know. God's Love saved my life and I will always be grateful for your help." ♥

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

Leave a Legacy

Become a member of the Legacy Society

As the demand for our services continues to grow, we hope that each generation will help provide for the next, so that we can always be there for our clients at a time in their lives when they need us most.

Many friends have chosen to include God's Love We Deliver in their estate plans. An act of extraordinary dedication to the important work we do, they are helping us continue our mission of caring and compassion.

We recognize that you have many options when you make or revise your estate plans. We hope that you will consider helping secure the long-term future of God's Love We Deliver.

If you would like to speak with someone about the Legacy Society, please contact Tatjana Richardson at 212.294.8144, or visit us at godslowedeliver.org. ♥



GOD'S LOVE HAS GONE SOCIAL!

Yes, that's right! You can "like" our Facebook fan page, "follow" us on Twitter, and check out the latest photos from God's Love on our Flickr site. Don't forget that we upload videos of our events, volunteers, and other activities to our YouTube channel.

We want YOU to know what is going on every day at God's Love. As a "fan" and a "follower" of God's Love, you can be an ambassador for our organization, from your computer or your phone. Please spread the word to family and friends. Check it out and "Join the Conversation!"



facebook.com/godslowedeliver



twitter.com/godslovenyc



flickr.com/godslowedeliver



youtube.com/godslowedeliver

Text to Join:

Feeling electronic? Is your phone sitting right there? Get updates and the latest news from God's Love through our email list, right to your inbox! Simply text **godslovenyc** to **22828** and follow the steps to join! Please call 212.294.8141 with any questions or concerns. ♥

MESSAGE AND DATA RATES MAY APPLY.

Calendar

♥ **5th Annual Golden Heart Awards honoring**
Carolina Herrera & "25 Years of Volunteers"
Wednesday, October 19, 2011
Skylight Soho NYC

♥ **18th Annual Race to Deliver**
Sunday, November 20, 2011, Central Park
Register online today at racetodeliver.org

♥ **Authors in Kind**
Literary Luncheon, April 2012

For tickets,
sponsorship or
more information
for any of these
events, please
contact Susan Oher
at events@glwd.org
or call 212.294.8162

'TIS THE SEASON



For the wonderful time of year when you reach out to friends and colleagues with warm wishes, we are delighted to offer this year's "Gifts from the Heart." Items from our 2011 catalogue are available online for all of your holiday shopping needs. 100% of the proceeds from our online store go toward fulfilling the urgent mission of God's Love.

Please go to godslovewedeliver.org to browse and shop.

Holiday Tribute Cards

Once again, our popular holiday cards

are back with six new exclusive designs.

Sending personalized holiday cards from God's Love We Deliver is a great way to share the spirit of giving with your loved ones, friends and business associates.

Inside each card is a special message to let recipients know that a donation has been made by you, in their honor, with your name handwritten in the card. We will also address, stamp, and mail your personalized cards with your return address on the envelope. For more information, please visit godslovewedeliver.org or call us at 212.294.8142. ♥

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 serious illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who, because of their illness, are unable to provide or prepare meals for themselves. We also provide illness-specific nutrition education and counseling to our clients, 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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