



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER | NUTRITION: OUR SIGNATURE DIFFERENCE

A MESSAGE FROM Karen Pearl

Although summer tends to be slow and steamy in New York City, things are never slow (though sometimes steamy) at God's Love. This summer we accomplished many things. With the help of a new volunteer shift to "kit" meals, we completed the transition to the new chilled/frozen model for all clients in Queens. We added six new vegetarian entrees to our menu and increased our participation with our local Tribeca CSA (community-supported agriculture). We now receive fresh vegetables, herbs and fruit from a local

God's Love has expanded our program to best meet the needs of our clients

farm to distribute to those clients enrolled in our grocery bag program. Every one of these innovations has been designed to meet our clients' changing needs and provide them with the best nutrition possible for their specific medical situations.

We have also been quite active on the advocacy front in New York City, Albany and Washington, D.C. We are working to ensure access to food and nutrition services (FNS) for the sickest

among us as New York State moves forward implementing the Affordable Care Act. We have been hard at work, demonstrating through rigorous research how access to FNS helps the State meet its two goals of healthcare reform: improving health outcomes and lowering healthcare costs. Part of the State's solution is to keep people in their homes and out of more expensive forms of care such as hospitals and nursing homes, and that is what God's Love does best. We have been working with a national coalition of FNS providers at the federal level to ensure that FNS remains a priority for people living with HIV/AIDS during reauthorization of the Ryan White Treatment and Modernization Act, and we will keep you informed of our progress.

This past fiscal year, we cooked and delivered a record number of meals to a record number of clients: that's 1,085,583 meals to 4,562 men, women and children. Pretty amazing! We are moving forward with great resolve on our Expansion Campaign as, with our continued growth, we have completely outgrown our space. Over the summer, we worked with architects, engineers and kitchen consultants on building plans and permits, and met with wonderful people, like you, whose generosity is allowing us to expand our operations to meet the ever-increasing need. It is also exciting that our



volunteers have jumped in to help by starting their own campaign effort.

In late June, we were awarded \$2 million towards our Expansion Project by the New York City Council and Speaker Chris Quinn, bringing our total support from the City to a remarkable \$8 million. This funding is a true testament to the value that the Mayor and the City Council put on the life-sustaining services that only God's Love provides. They understand that we support the health of people in every single district in the five boroughs of NYC.

As you can see, during the "slowest time of the year," God's Love has expanded our program to best meet the needs of our clients. To continue to meet these needs well into the future, we must complete our Expansion Project, and we will need the help of each and every member of the God's Love community to see it to fruition. I hope I can count on you. ♥ —Karen



Cindy Little with her God's Love family



The Food as Medicine Advocacy Initiative

This year, God's Love piloted an innovative campaign, the Food as Medicine Advocacy Initiative, aiming to ensure that food and nutrition services and medical nutrition therapy are covered for our clients regardless of their individual diagnoses. God's Love has been fortunate to receive funding for the initiative from four dedicated foundations: the NYC AIDS Fund of the NY Community Trust and the M•A•C AIDS Fund which support our work on behalf of clients with HIV/AIDS, the Fan Fox and Leslie R. Samuels Foundation, which supports our work on behalf of senior clients, and MAZON, which supports the overall initiative and our campaign to address hunger among vulnerable populations.

With the help of our generous funders, God's Love has met with many State elected and administration officials, compiled a database of research to demonstrate the positive health outcomes and cost-savings associated with the provision of food and nutrition services, conducted advocacy training with our national colleagues and embarked on pilot studies on the efficacy of our program with partners in the insurance community. ♥

The Unstoppable Cindy Little

God's Love volunteer Cindy Little is a powerhouse of good. Rain, snow and sleet don't keep her from delivering meals to our clients; summer's sweltering heat doesn't keep her from ladling soup in our kitchen; and not even her breast cancer diagnosis could keep her from God's Love, a place she calls home. Cindy was the recipient of our Golden Heart Award for Outstanding Volunteerism. We know this reward is just a small thank you for all that she brings to God's Love We Deliver.

Cindy learned about the importance of giving back from her parents. Today, Cindy is a van assistant, a kitchen volunteer and Pride March participant.

One January, Cindy stood at the M5 bus stop on Sixth Avenue, located directly outside of God's Love, on her way to get a haircut. Excited for her birthday, she thought about her New Year's resolution, which was to find a place to volunteer. She then had her "aha moment:" God's Love was the perfect place! She would ask about volunteering and she'd keep her New Year's resolution.

Cindy knew she needed to be close to our clients. So when Stephen in our Volunteer Department suggested van assisting, she was all in. Cindy left God's Love that day with her first shift scheduled and a note from Stephen that said, "Enjoy the rest of your birthday!" Cindy knew she had found something special.

Cindy immediately loved van assisting because of the special connection she found with our clients. She felt that she was getting more from this experience than she was giving. And though van assisting can feel like six long hours, it could not overpower the joy and fulfillment she felt.

Cindy quickly amassed hundreds of hours as a volunteer by van assisting twice a week. She also spent her time working at a bar named Henrietta Hudson's and

volunteering with a local theater community. Eventually she moved to the Thursday morning pack-out shift, quickly becoming part of a new volunteer family.

While Cindy remained a pillar of volunteerism and good-heartedness at God's Love, her life took a difficult turn when she was diagnosed with breast cancer last year. Suddenly, everything had to stop: her work at the bar, her theater work and her volunteering with God's Love. Cindy could only summon the strength to go to doctor appointments; her sickness had taken a drastic toll on her once energetic body.

But, despite all of these changes, something stayed true for Cindy: the love and generosity that she felt from the God's Love family to whom she had given so much. Her Thursday morning pack-out team threw her a party before her first surgery. Everyone in our God's Love family rallied around her and she was amazed at the support.

Today, Cindy is stronger and she returned to the kitchen at the end of the summer. She hopes to van assist soon.

This year, it was exciting to present Cindy with our Golden Heart Award for Outstanding Volunteerism. Cindy tells us that God's Love is all love and, most importantly, is there when needed. We were glad to be there for Cindy when she needed us. And we are so glad to have her in our God's Love family! ♥



Cancer Care at God's Love

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

Autumn brings cancer awareness to the forefront with the observation of prostate, leukemia & lymphoma, breast and lung cancer awareness all occurring during this season. Many of our clients have been touched by cancer, including the types mentioned above, and helping people with cancer meet their nutritional needs is an area of expertise for God's Love We Deliver.

God's Love takes a dual approach to client care: our Registered Dietitians counsel clients and caregivers on how to best meet their changing nutritional needs, and the meals we provide are individually tailored to fulfill these requirements. We take great pride in offering a program that is responsive to the needs of our cancer clients at different stages of illness and treatment and we have developed a strong program over more than two decades.

To reinforce the one-on-one education and counseling provided, the Nutrition Services Department developed several nutrition publications to help make things easier for people living with cancer. Longer format booklets focus on nutrition and prostate, breast and colorectal cancers, while shorter "fact sheets" concentrate on cancer and physical activity; head and neck cancer; and cancer and supplements. Please visit glwd.org/nutritionpublications for our booklets and glwd.org/factsheets for our fact sheets. All of our publications are available in both English and Spanish, with some translated into Chinese.

In addition, nutrition education efforts

take our Registered Dietitians into the community several times a month to conduct workshops and cooking demos. Tailored to specific audiences, topics include various aspects of cancer and recurrence prevention, as well as treatment management. Strong community collaborations have assisted in these efforts, including partners like Cook for Your Life, the Palette Fund, Project Open Door and Gilda's Club. As a result, our Registered Dietitians provided 87 nutrition workshops reaching 3,353 individuals in the last fiscal year.

As God's Love grows with each passing year, so does the expertise of our Nutrition Services Department. We remain committed to addressing the many needs of our clients and the community. Together, through training, education and innovative programs, our Nutrition Services Department will continue to provide cutting-edge nutrition counseling and education for all those involved with

our program. And, we will remain at the forefront of cancer care. ♥



God's Love Celebrates Fantastic Partners

We are thrilled to be working with M·A·C AIDS Fund, Komen Greater NYC, and Avon Foundation for Women to accomplish so many shared goals this year.

God's Love again joins the Avon Foundation for Women at the Avon Walk for Breast Cancer, providing lunch for walkers and crew on Sunday, October 21. We wouldn't miss it!

We also joined our friends at Komen Greater NYC to help ring the closing bell at the New York Stock Exchange on September 4. And, God's Love attended the Race for the Cure in Central Park on September 9, where we stood with the many partners supported by Komen in the fight against breast cancer.

M·A·C AIDS Fund supports programs helping men, women and children affected by HIV/AIDS, and they recently awarded God's Love a phenomenal \$150,000 grant for our meal program. In addition, M·A·C AIDS Fund agreed to help expand our advocacy efforts with a \$67,000 grant for advocacy. M·A·C Cosmetics contributes all profits from their VIVA GLAM lipstick to the M·A·C AIDS Fund, having raised more than \$250 million since 1994. Thanks to all of our partners, and everyone who supports the VIVA GLAM campaign! ♥

Roasted Pumpkin and Kale Soup with Elephant Garlic

Per serving: 350 calories, 11 g Total Fat (2g Saturated Fat), 48g Carbohydrates, 13g Protein, 5g Dietary Fiber, 338 mg Sodium

SERVES 8

Look for the elephant garlic next to the regular garlic in the produce department. You'll recognize it by the impressive, oversized cloves for which it is known.

Ingredients

- 4 cups peeled and chunked pumpkin or hard squash
- 2 cups peeled and chunked red potato
- 3 tablespoons canola oil
- 3 large cloves elephant garlic, minced
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme

- 1 tablespoon fresh sage
- 2 medium onions, coarsely chopped
- 2 large carrots, coarsely chopped
- 2 red or yellow bell peppers, coarsely chopped
- 3 cups vegetable stock or water
- salt and white pepper, to taste
- 3 cups cleaned and chopped kale

Method

◆ Preheat oven to 375°F. Chop vegetables. Place pumpkin and potato in a large roasting pan and toss with oil, garlic and herbs. Roast for about 30 minutes, uncov-

ered. Add remaining vegetables except kale. Roast for another 20 to 30 minutes or until vegetables are well-browned but not charred. Remove pan from oven. Place roasted vegetables and stock in a large pot. Season to taste. Heat over medium-high heat until pumpkin begins to soften and combine slightly with stock. Add chopped kale and cook over medium heat until done, about 10 minutes.

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



Michael Kors & Heidi Klum Chopping and Delivering a Whole Lot of Love



July was a very special month here at God's Love, as we were honored to name it "Michael Kors Month." A native to New York, Michael Kors has been committed to God's Love We Deliver for over twenty years. Michael Kors Month honored our wonderful friend's longstanding benevolence and support. We celebrated by having Michael Kors himself, President and CEO John Idol and their team volunteer in our kitchen. In October, because of his longtime commitment and work with the organization, we are honoring Michael with the 2012 Golden Heart Award for Lifetime Achievement.

"God's Love does a phenomenal job of feeding those who are too sick to provide healthy meals for themselves," says Kors. "I can't think of a worthier organization to collaborate with."

Throughout July, employees of Michael Kors had the opportunity to volunteer at God's Love during their normal workday. We're grateful to every Michael Kors employee who volunteered, either in our kitchen preparing meals or on the road delivering. It means so much to so many.

Also in July, our wonderful friend, Heidi Klum spent a morning with our God's Love team of chefs and volunteers chopping and preparing meals for our clients.

Heidi has supported God's Love throughout the years at events and as a volunteer. Last year, Heidi celebrated our 25th anniversary with us by delivering meals to our clients who are too sick to shop or cook for themselves.

Heidi came to God's Love with her signature smile and enough energy to fill our entire kitchen! She was joined by God's Love Board member Desiree Gruber and our President & CEO, Karen Pearl. She jumped into an apron and hat, rolled up her sleeves, washed her hands and got to work.

Our thanks to Heidi for her generosity and ambassadorship for God's Love. She really makes it work! ♥

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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

THANKS, Neighbors! There for us from the start

In business since 1972, Ty's is a well-worn, well-known and well-loved bar on Christopher Street that remains as one of the last locations for a God's Love donation can. It would be hard to miss; there it is, front and center on the bar, rarely empty and often filled to the top. Every couple of months, we get a call from John, George or Anthony letting us know it's time to drop by, say hello and pick up the cash.

Ty's, Pines Pantry, Monster Bar, Village Apothecary, Johnny's Bar and a host of other neighborhood bars, bookstores, salons, pet stores, small shops and even private homes all came aboard early in our history to support God's Love by sponsoring donation cans and raising funds. The outpouring of support for God's Love from every dollar, quarter and dime, then as now, is ever strong, and deeply appreciated. So many are doing what they can to help God's Love. We thank Ty's and the many patrons who, in modesty and sincerity, helped get us started and have stayed faithful to our mission for more than 25 years. Our hats are off to all of you! ♥



Heritage of PRIDE

For the first time ever, God's Love We Deliver and Whole Foods Market NYC partnered in support of the 43rd Annual Heritage of Pride March, marching under the tagline "Feed Your Pride!"

On Sunday, June 24th, hundreds of supporters, staff and volunteers from God's Love We Deliver, along with dedicated and proud team members of Whole Foods Market NYC, joined forces to show our collective pride.

Volunteers are at the heart of everything we do. Today, God's Love operates only with the dedication and pride of nearly 8,000 volunteers each year to provide nourishment and love to their sick NYC

neighbors.

God's Love We Deliver and Whole Foods Market NYC forged their partnership this year, when Whole Foods Market NYC donated 5% of sales from all six NYC stores on January 5th for "5% Day." Whole Foods Market NYC volunteers have prepared food in our kitchen and delivered meals to our clients. "Together with our community of volunteers and friends like Whole Foods Market NYC, we proudly look forward to the next 25 years of serving nutritious meals to people living with all severe illnesses," said David Ludwigson, Chief Development Officer of God's Love We Deliver and yearly March participant. ♥

Calendar

♥ **Avon Walk for Breast Cancer**
Saturday – Sunday, October 20 & 21
For information
visit avonwalk.org/new-york

♥ **Thanksgiving Gift Basket Build**
Saturday, November 17, 2012

♥ **The Race to Deliver**
Sunday, November 18, 2012
Central Park
Register today at racetodeliver.org

♥ **Winter Feast Blizzard Kit Build**
Sunday, December 16, 2012

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

Send a **HOLIDAY** Card, Send Some **LOVE**

It's hard to believe that it's already time for the holidays! As you reach out to friends and colleagues with warm wishes, we are delighted to offer our annual holiday card selection. Each card sent is a great way to share the spirit of giving with all those in your life.

Each card has a special message to let recipients know that a donation has been made by you, in their honor, with your name handwritten inside the card. We will then address, stamp and mail your personalized cards with your return address on the envelope. For more

information, please visit glwd.org/catalog or call us at 212.294.8142.

In this spirit of joy and giving, we also introduce "Gifts from the Heart," our new holiday catalogue. "Gifts from the Heart" has been included with this newsletter and you can also find it online at glwd.org/catalog.

One hundred percent of the proceeds from "Gifts from the Heart" and online sales go toward fulfilling the urgent mission of God's Love. Thank you for your generous support. Happy Holidays! ♥



Our Client

Eleanor was the youngest of four children, born to Italian parents. She grew up in Long Island City with her mom and dad and three older brothers. In the mid 1950's, Eleanor met her future husband on a blind date; they married in 1956 and had three girls by 1962: Debbie, Theresa and Jenny. Life rolled along in Astoria, Queens with the everyday punctuated by birthdays and holidays, for which Eleanor always baked homemade cakes. Sunday and holiday dinners, always grand and delicious, were time to be together as a family.

Even though she had her hands full as the mother of three, Eleanor kept busy outside the home. During the 1970's she campaigned for various candidates in Queens and in 1995 she retired from her work as director of a senior citizens' center. As her daughters began having children, Eleanor entered a new phase of her career as grandmother and babysitter.

After her husband's passing, Eleanor kept active with her group of friends and was always up for an event or a trip to Atlantic City. Her daughter, Jenny, moved in with her mother in 2006 to stay close and, in the fall of 2008, she and her sisters threw Eleanor a surprise birthday party. Eleanor couldn't stop smiling or laughing or dancing.

Unfortunately, just two weeks later, Eleanor received the results of an MRI that showed she had an advanced cancer. Suddenly, their lives became a whirlwind of doctor visits, tests, surgery, chemotherapy, radiation, medication, more doctor visits and more tests.

As Eleanor's cancer progressed, even the most basic things such as bathing, dressing and walking became problematic. Jenny could not leave her mother for any long period of time, and shopping for food became a real challenge.

Luckily, Jenny had known God's Love We Deliver for years, as a kitchen volunteer. When Eleanor came on our program, one of our Registered Dietitians worked with

Jenny to ensure that the meals delivered would not only be nutritionally tailored to Eleanor's needs but also appealing.

Jenny told us that she immediately felt comforted by the delicious and nutritious meals delivered to their door and appreciated the friendly smile of the driver who handed them their food. Having meals from God's Love gave both mother and daughter peace of mind.

Eleanor was only a client for one month. In the early morning of October 1, 2011, as Jenny was holding her hand, Eleanor passed away. Today, Jenny says, "I would like to thank everyone at God's Love – the staff, chefs, drivers, volunteers, donors – anyone and everyone that helps to make God's Love possible. I know personally just how incredibly necessary God's Love is... You fed my mother and her family emotionally with the sense that we weren't alone and that there were people out there who truly cared and wanted to help. I can't thank you enough for that." ♥

MIDSUMMER NIGHT DRINKS

At the 12th annual Midsummer Night Drinks hundreds of friends and supporters gathered at Woodhouse Park, the stunning East Hampton home of our good friends Tony Ingraio and Randy Kemper, for a wonderful evening of fun, food and cocktails, all benefiting God's Love.

Seen among the crowd were Donny Deutsch, Tamara Tunie, Alexandra Cohen, Aviva and Reid Drescher, Margaret Russell, Vicente Wolf and hundreds more.

We offer special thanks to Tony and Randy for opening their beautiful home to God's Love and for hosting another very successful summer event. ❤️



The Sixth Annual Golden Heart Awards

Our Sixth Annual Golden Heart Awards celebration on October 15 honored Michael Kors, Ryan Murphy and our volunteer, Cindy Little. Stay tuned for our next edition of *Food for Thought* for great party

pictures and news from the night! Thanks to all of our guests and supporters; all funds raised allow God's Love We Deliver to continue our urgent work. ❤️

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.



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